EXPECT THE UNEXPECTED

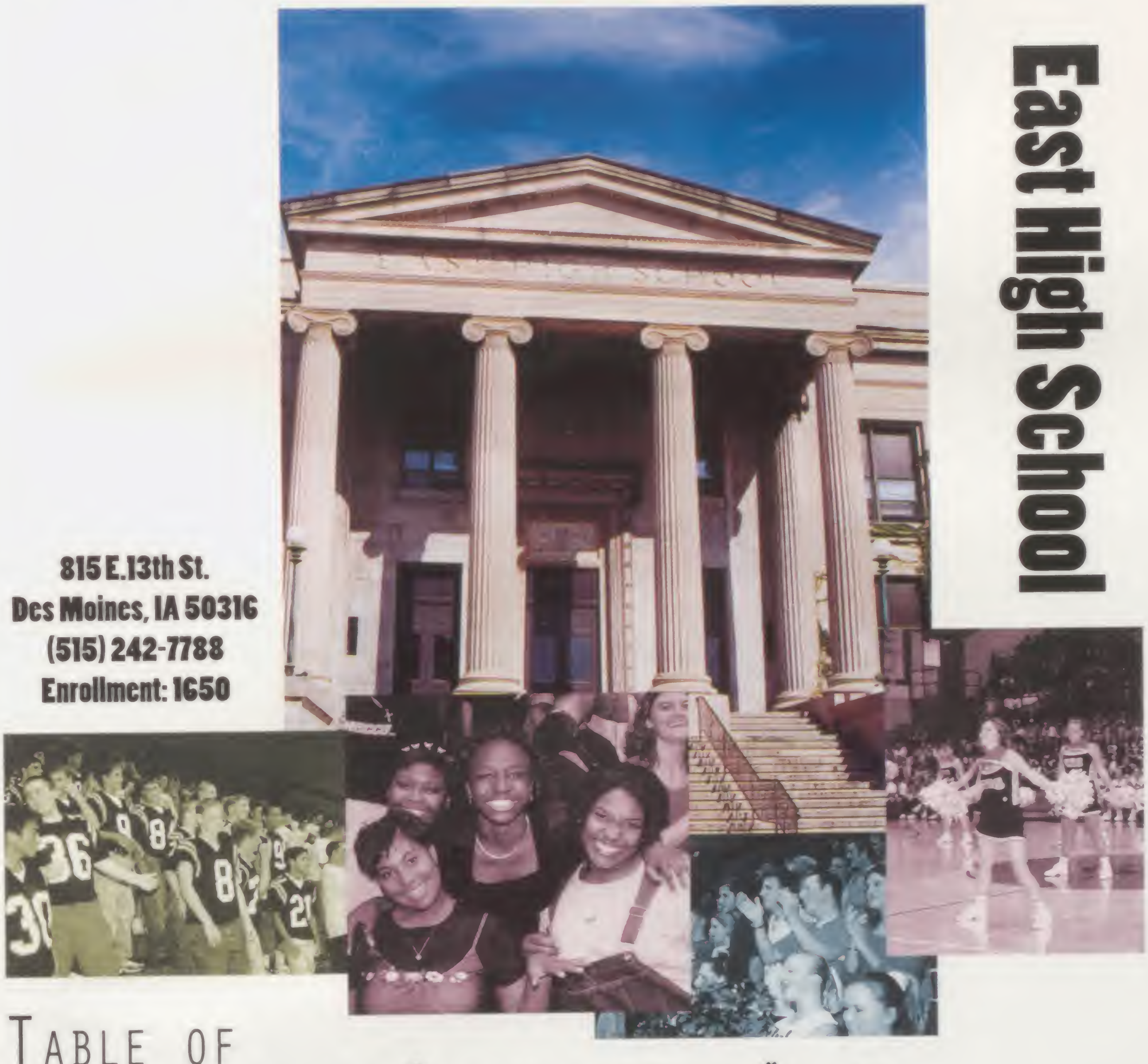
a different perspective

MARY

What do you SEE from your PERSPECTIVE at...

East High School

815 E.13th St.
Des Moines, IA 50316
(515) 242-7788
Enrollment: 1650



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Our Perspective

Did your parents ever tell you to walk a mile in someone else's shoes before you judge them? The more this suggestion is analyzed, the more it becomes impossible.

In every second of a person's life, something is going through their mind that no one else on this earth can understand. Even if a person really tried to understand another, they could never see things the way that person does.

The texture on the ceiling, the clouds in the sky, artwork, and classic pieces of literature all mean different things to different people. We all see things from a different perspective, and that's OK.

When we started to plan this yearbook, we wanted something really cool that would mean a lot to everyone. We were assigned to write about what "Expect the Unexpected: A Different Perspective" meant to us. The variety of answers that we came up with was unbelievable. It was amazing how two simple phrases (only six words!) could mean so many different things to just our small staff, let alone the student body.

We want you to enjoy this book as only you can. We realize that this hardbound book of pictures and text means different things to different people and we understand that, as time goes by, the meaning of this book may change entirely for you.

Just remember: We each see the world through one set of eyes, and only one. Nobody will have the same exact opinion, or perspective, as you…and no one can be wrong when they are honest about what they see.

... *by Shawna McChurch*

Fun Fun Fun

Summer, a season we would all like to live in forever. To many, it means endless hours of work. To some, it means reliving the past school year during summer school. To a few, it means school-related trips. To the rest it means a time to relax and sleep in.

"In June, I went to Germany for 2 weeks for an exchange program. We visited museums, churches and major landmarks," said freshman **Trevor Jones**.

"I went to South Carolina with my family to visit some relatives. We went to Myrtle Beach and Columbia," said sophomore **Alysshia Miller**.

"I traveled all around Germany, visited Munich, surfed on the coasts and just hung out," said senior foreign exchange student **Lars Kruecke**.

According, to students work can be fun if you like the job, but if you don't you have to try to make the best of it.

Going to concerts and catching up on the latest music also plays a big part of summer for a lot of people.

"My summer was awesome! The best part was when I got to meet MxPx at the Vans Warped Tour in Minnesota," said junior **Savannah Wadsworth**.

Seven members of Key Club went to Orlando, Florida for the 75th annual International Key Club Convention.

"The convention was really fun. We had to sit through a lot of meetings, but we also got a lot of free time," said senior **Nicki Houchin**.

Central College Upward Bounders went to Kansas City and visited Worlds of Fun, two museums, a dinner theater, the Kansas City Zoo and the mall.

"We didn't have to pay for anything. Upward Bound took care of it all. We even had McDonald's for breakfast. It was a blast," said senior **Heidi Bailey**.

After a summer like that, how could school possibly compete?

...by Brooke Nowadzky

aT LEFT, seniors *Brooke Nowadzky*, *Jennifer Oliver*, and *Shawna McChurch* strut their stuff. They stopped at this costume store during a trip to Kansas City.

WHILE ON DUTY AT her summer job, senior *Allison Lowe* took time from guarding lives to strike a quick pose.

WHEN FRESHman *Trevor Jones* went to Germany, he saw many major landmarks. This building was the tallest building left standing after WWII.

dIDN'T YOUR mother ever tell you not to play with your food?! Obviously not! Senior ***Dan McKee*** is enjoying his lunch a little too much at Spaghetti Works.

AT RIGHT, JUNIORS *Kerry Bloomquist* and *Amber Giles* eat that good old hearty school lunch. Below, senior *Shawna McChurch* pauses between bites of her Whopper Jr. with cheese.

JUNIORS *HEATHER Jones* , *Jared Mendenhall* and sophomore *Nick Leo* meet in the band room for lunch before attending Central. At far right, Principal *Jerry Stilwell* directs us in the right direction...to class!

Photojournalist: Photo Staff.

Summer Ends

You're in the middle of a peaceful and sound snooze when an abrupt buzz fills your ears and awakens you. As you moan your way out of bed wondering what you're doing up at this cruel hour, you realize that it's the end of the world and you have to go back to school. Yes, it was back-to-school time.

GET OUT OF my way! Students return to the same old crowded halls and stairways. At bottom left, seniors *Scott Birk* and *Kenny Paulding* are prepared for their first day of school.

Junior **Amanda Reed** said, "I was used to getting up early because I had to work over the summer. So getting up early the first day wasn't a problem for me."

In addition to getting up early, students had to get used to many other new changes this year.

"This year we have twenty new staff members," said secretary **Diane Fleming**. "Most of them are replacing staff members who have either retired or transferred, but there are a few that are in new positions."

Among the new teachers is **Deb Peterson**. Peterson was an elementary teacher last year but decided to switch to high school and is now in the history department.

"The year has gone really well. East is a great school and I have an excellent group of students," said Peterson.

Among the adjustments this year is the new planner. Students are required to use them in most of their classes for a grade. Whether it be to the bathroom or the counselor's office, going anywhere requires using the planner as a pass. Teachers are no longer allowed to use pink passes.

"I don't even really use the planner," said Reed. "I think they are actually kind of stupid."

Many teachers and students have said that school start-up has gone really well this year compared to previous years.

Counselor **Patty Hoffman** said, "Usually during the first two weeks of school we are still enrolling new students. This year it had settled down by the end of the first week, everything went very smoothly."

Speaking of students enrolling for school, the student count for seniors has gone up quite a bit since last year.

According to registrar **Lonnie Clark**, last year 299 seniors graduated (not including graduated juniors). The beginning of the year totals for seniors this year is 370, up by about 20%.

"The student count for seniors, juniors, and sophomores is closer than it has ever been in the past. We have 389 sophomores, 388 juniors, and 370 seniors," said publications adviser **Ed Kelly**. "Usually the numbers drop in higher grades."

...by Heidi Bailey

Bad Weather Fun times

...by Jennifer Oliver

When you think of Spring Break it is usually about having fun in the sun, but for many East High juniors it was about being cold and rainy. However, for the students who went to New York and Washington D.C. for the annual UN Trip, it was about having fun in the cold and rain.

Students from schools across the state went on the trip that lasted a week during Spring Break. Some schools include East, Southeast Polk, Carlisle, Lincoln, West Central and Indianola.

"It was cool that we met people from all over Iowa, and got to hang out in New York," said senior **Matt Breton.**

Some of the highlights of the trip were touring the Naval Academy, the UN building, the White House, the Washington Monument, the capital of the U.S., the Kennedy Center, and the Smithsonian.

"It was raining the day we visited the White House," said senior **Adam Winn.** "The tour was boring, but it was fun walking through the rain to get back to the buses."

Part of the trip, according to one Southeast Polk student two East students, was like an episode from the movie *Home Alone 2: Lost in New York.*

"We got stuck on Ellis island when we missed the ferry back to New York. It was kind of scary being held for five to six hours," said senior **Kira Campos-Anderson**, "We even missed all of our free time in New York."

When anyone goes to New York, they imagine meeting a famous person. If you consider the coach of an NBA team a celebrity, then students on the UN trip met a famous person.

"Lenny Wilkins, the coach of the Atlanta Hawks, stayed at the same hotel that we did," said **Breton**, "I thought that was really cool."

STAY IN LINE! SENIOR *Adam Winn* and another student stand with the "Depression Bread Line" at the FDR Memorial in Washington.

SISTERLY LOVE AND big smiles shared between seniors *Venessa Boland* and *Christine Olson* These two have been friends for years and enjoyed each other's company on this trip to New York.

TO THE LEFT IS THE Washingon Monument located in Washington D.C. Below is senior *Andrew Graeve* in the mouth of "The Awakening" statue also in D.C.

POSING WITH EAST HIGH teacher, *Vidal Spaine*, are seniors *Sheena Signs, Kathleen Robinson, Kristal Pickett, Tiffany Carey, Mary Froehle,* N Building tour guide, *Tiffany Boggs, Courtney Page, and Lindsey Carr,* after the tour of the United Nations Building.

Scarlet Pride

The fact that Scarlet presence was going strong was very evident to all that attended the alumni dinner in May of 2000.

"I got a real sense of old-fashioned East High pride," said senior **Katie Murphy**. "I enjoyed talking to people about how East used to be, how it is now and how it will hopefully be in the future."

The alumni dinner was more than a success. It brought almost 1000 East High alums back to Des Moines. The classes ranged from people who graduated in 1918 to those who have recently graduated.

SENIORS TO the right wait patiently for their name to be read off as a scholarship winner. Lower right, senior *Wendy Bradford* sings as part of the program.

"It was a wonderful time and the dinner went well," said the 1999-00 alumni president, **Bill Boyer**.

Scholarships were given to about 35 seniors. The association gave about $55,000 away.

On the menu for the evening were sack lunches, with a choice of turkey or ham sandwiches. A total of 850 meals were served, using both the cafeteria and the gym.

Giving a chance for students to learn more about East's history and pride, a handful of student volunteers were to help set up, serve and clean up.

Murphy said, "We carried platters of sack lunches around, it was really crowded, but very fun."

By the end of the program, almost everyone sat quietly in the gym to hear the roll call and hear the alumni choir.

Two people were also inducted into the East High Hall of Fame: Dr. Richard Shropshire who graduated in 1946, a prominent MD, and Robert A. Wright Sr., who graduated in 1943. Wright is an attorney and a civil rights leader.

Although it was very crowded, people had fun eating, talking and getting to know each other, either for the first time or once again at this yearly event.

Year after year the dinner and the association and the student helpers all work hand in hand to remind all those in attendance of the pride, tradition and history of good old East High.

... by Debbie Montis

Photojournalist: Mullica Studios.

PRINCIPAL *JERRY Stilwell* **shakes hands and congratulates** *Robert Wright Sr.*, **one of the** newest inducties into the East High Hall of fame.

MEMBERS OF the East High Treble Choir entertained as part of the program. Also singing that evening was the Alumni Choir.

EACH YEAR AT the dinner, the 25 and 50 year classes each get special recognition. The speakers are usually the class president or other class officials.

WHAT YOU CAN'T LIVE WITHOUT?

"My cell phone or telephone because I'm always talking on it," said senior Jackie Chaffee.

"Music and dancing. I incorporate every song into a dance in my free time," said freshman Jenny Brants.

FACES AND STUDENTS

PEOPLE

Every time you turn around there is always a face you don't know or someone you've never seen, but that is the advantage we have at school. Since we are the fourth largest school in the state we have such a wide variety of people and styles. There are many opportunities we have here to look forward to that display different races, languages and personalities that will later be reflected upon in the real world.

◗As Forrest Gump said, "Life is like a box of chocolates, you never know what you're gonna get."

◗Nothing is ever expected. When we first come to school we picture this vision of how we should be, but no matter how one acts or what you give to someone you will always receive something unexpected back.

◗We go through our lives with our old friends and making new friends from a variety of ages and styles that you never would've imagined hanging out with.

◗We all leave our lasting impressions that are stuck with us our whole lives, but no matter what that may be, don't expect something to be different just because that's what you want. Know that each and everyone of us will always be different and one's own judgement comes from what they see behind their own eyes.

...by Kelli Welker

"Sports. I like to be outdoors and I'm very adventurous," said senior Lars Kruecke.

"My family, they are the most precious thing in my life," said senior Stephanie Letze.

"My car because I'm always the one driving," said junior Cheri Fenton.

"Any kind of gum or candy," said senior Jennifer Moore.

A final look at Seniors

Allison, Lance—Baseball 1-4, 7-8; Basketball 1-8; PEP 7-8.
Althaus, Tracie
Alshouse, Kelly—AL; Concert Band 1-5; Debate 3-4; Key Club 3-8; Marching Band 1-5; Sr. Board; SG 1-8. Drake University
Andrews, Jared

Andrews, Shane
Anousis, Michael—Central Campus Aviation
Antelman, Anthony—AL; Art Club 2-4; Concert Band 1-4, Golf 3; Football 7; Golf 3, Jazz Band 1-4, Marching Band 1-4; NHS 4-8. ISU
Armstrong, Ashley—BPA 7-8; Key Club 5-8, Mixed Choir 1-2, OA 7-8, PEP 3-8; Sr. Board; SG 7-8; Swimming 1-8, UB 5-8. Central

Ashby, Trevor—Basketball 1; Golf 1, PEP 5-8; Spanish Club 5-8; GT.
Atwood, Jesse
Augspurger, Paul
Avon, James

Layout: Kelli Welker.

Abbreviations

AIB - American Institute of Business
AL - Academic Letter
BPA - Business Professionals of America
CB - Career Beginnings
DMACC - Des Moines Area Community College
FCA - Fellowship of Christian Athletes
ISU - Iowa State University
JA - Junior Achievement
JROTC - Junior Reserve Officer's Training Corps
LC - Leadership Council
MSC - Memory Spiral Committee
NCYL - National Council on Youth Leadership
NH - New Horizons
NHS - National Honor Society
OA - Office / Library Aide
PEP - Pep "E" Club
SB - Science Bound
SG - Student Government
SS - Scarlet Standard
TS - Talent Search
UB - Upward Bound
UI - University of Iowa
UN - United Nations
UNI - University of Northern Iowa

BACON, ANGELA—Mixed Choir 3-4; OA 1-6, 8; RIP 1-8; Softball 1-8; Treble Choir 1-2, 5-6; Voice Class 6-8

BAILEY, HEIDI—AL; BPA 7-8; Key Club 5-6; NHS; PEP 1-8; Quill 4-8 (Index Ed. 5-6), (Co-Editor 7-8); UB 6-8; ISU

BAINTER, JESSE—Golf 3-7; Photojournalism 7-8; Wrestling 2-4

BALLANTYNE, NICOLE—PEP 1-2, 7-8; RIP 7-8; Spanish Club 7-8; Sr. Board; SODA 7-8

BASS, KENNETH

BEALS, MATTHEW

BEAVERS, STEPHANIE

BERNHARDT, RYAN—AL; Football 1-8; NHS; PEP 7-8; Soccer 7-8; Spanish Club 5-8; Track 1-8; Wrestling 7-8; FCA 1-8

BIRKHOFER, DEBBIE—AL; Honors Photo 8; Key Club 5-6; NHS; PEP 5-8; Spanish Club 5-8; Sr Board; SG 5; NCYL

BLACKBURN, JENNIFER

BLACKFORD, RANDY

BOGGS, TIFFANY—Cheerleaders 1-8; PEP 1-8; Sr. Board; Track 1-8; UN Trip; ISU

Boland, Vanessa—AL; Colorguard 1-6, Concert Band 1-6; Marching Band 1-6, NHS 5-8; PEP 1-8, RIP 7-8; Spanish Club 7-8; Sr. Board; UN Trip; NCYL.

Boll, April

Booker, Risha—Basketball 3-4; Mixed Choir 3-4; OA 3-4; Tennis 3-4; KDPS Radio DJ 5-8.

Bradford, Wendy—Chamber Choir 3-8; Colorguard 1-8; PEOPEL PE 5-8; PEP 7-8, RIP 3-4; Swimming 1-5, Treble Choir 1-2; Vocal Jazz 5-6; All State Choir.

Breton, Matthew—AL; Football 1-8; NHS 5-8 (Treas.); OA 1-8; Scroll 5-8 (Sports Ed.); Sr. Board; NCYL 7-8.

Brewton, Gabrielle—French Club 1-2, PEP 7-8; RIP 5-8, SDS 1-8, Tennis 3-4

Brockman, Andrea

Brooke, Jason—Football 3-8. Navy

Brookshire, Brian

Brueck, Jaime

Burk, Scott

Byers, Dustin—Football 1-4, Prep Choir 1-2; Wrestling 1-8 (Capt.). ISU

Cady, Christin

Campos-Anderson, Kira—Basketball 1-4; Chamber Choir 4-8, Gospel Choir 3-6; Orchestra 1-2, 5-8; Play Production 5-8 (Sound); School Play 6-7, SB 1-8, Soccer 3-8; Swimming 1-8; Track 1-4; UN Trip. ISU

Carver, Gary

Carey, Tiffany—AL; Cheerleader 1-8; NHS 5-8 (VP 7-8); PEP 1-8, Softball 1-2; Sr. Board; UN Trip; NCYL, 12B, MSC; SS. Simpson

Carlos, Stephanie—AL; Basketball 1-4, 7-8, Golf 7-8; OA 1-4; PEP 1-2, 7-8; Prep Choir 1-2; Quill 5-6, Softball 1-4, 7-8; Spanish Club 3-4, SG 7-8, Track 1-2; Volleyball 1-2, UI

Carr, Lindsey—Cheerleader 1-8, Key Club 7-8; OA 1-5; Softball 2; Sr. Board; Tennis 4; UN Trip; Volleyball 1-8. ISU

Caylor, Cynthia

Chaffee, Jackie—NH 7-8, OA 7-8; PEP 7-8, Quill 7-8, TRCC

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Cirksena, Jonathan—Gospel Choir 3-4; PEOPEL PE 1-8; FCA 5-8; Special Olympics 1-8.
Clark, Randi
Clausen, Emily
Clearwater, Nikki

Cook, Andrea—AL; Cheerleader 1-4; Class Officer; Cross Country 3-4; NHS 5-8; PEP 1-8; RIP 7-8; Scroll 6-8; Soccer 3-8; Spanish Club 1-5, 8; Sr. Board (Treas.); Steppers 5-8; Swimming 5-8; Track 1-8; NCYL; 12B. ISU
Cooper, Adam
Coulter, Charles—Basketball 2 (Mgr.); Independent Auto 5; Appr. in Indust. Electronics
Cowles, Crystal

Creason, Jack—NH
Crooks, Oralia—Graphic Tech 1-2; Marketing Sales 5-6; PEP 1-8; Softball 1-4; Sr. Board; Tennis 7-8; RIP 7-8; 12B.
Csader, Jennifer
Dady, Jessica

Dalrymple, Stuart—Golf 1-5; Photojournalism 5-8
Danielsen, Tessa
Davies, Angela—AL; Colorguard 5-6; Concert Band 1-8; Cross Country 1-8; French Club 1-2; Marching Band 1-8; OA 7-8; PEP 1-8; SG 7-8; Track 1-8; Treble Choir 3-4. DMACC
Davis, Adam

Davis, Bridget—AL; Cheerleader 3-6; LC; OA 1-3; PEP 1-8; RIP 2-8; SG 7-8 (Sec.); Tennis 5-8; Wrestling 7-8 (Mgr.). ISU
Davis, Stacy
De La Cruz Jr., Ernesto—AL; Concert Band 1-2; Key Club 5-8 (Sec., Treas.); Marching Band 5-8; NHS 5-8 (Pres.); PEP 7-8; SB 1-8; Spanish Club 3-8; Sr. Board; UB 1-8; NCYL 7-8
DeMoss, Michael—AL; Baseball 1-8; Golf 1-8; PEP 1-8. ISU

Dickey, Janna
Dillard, Emily—AL; PEP 3-4; RIP 7-8; Key Club 5-6; Orchestra 1-8; Sr. Board. UNI
DiMaio, Lacey—Graphic Tech 6-8; Marketing Sales 5; OA 5; PEP 1-8; Photojournalism 6; Soccer 1-8. DMACC
Dowell, Ashleigh

Drey, Paul—Baseball 1-4, 7-8; PEP 1-2, 7-8; Sr Board; SG 7-8; Golf 1-2; MSC. Boston College
Easter, Michelle—Basketball 3-4; NH 3-6; OA 5-8; PEP 5-8 (Treas. 7-8); Prep Choir 3-4; Sr. Board; SG 7-8.
Edwards, Amanda— 12B; UN Trip.
Edwards, Megan—AL, Colorguard 1-8; Concert Band 1-8; Marching Band 1-8; OA 1-4.

Evans, David
Evans, Matt
Ewers, Cassie
Ezzio, Michelle—Cheerleaders 1-2; PEP 1-4, 7-8; French Club 1-5; 12B.

Fife, Manda—NH 5-6, SDS 5-6; The School of Ozarks.
Ford, Jessica—Graphic Tech 4; OA 1-2; Softball 4-6, 8; Sr. Board.
Fireman, Jessica—AL, JA 7; RIP 4-8, Steppers 5-8. Grand View
Forkner, Anderson

Frank, Brianna
Frazier, Misty
Fredregill, Patsy
Froehle, Mary—AL; Class Officer (VP); NHS; OA 1-2, 5-8; PEP 1-8; Spanish Club 3-6; Swimming 1-8 (Capt. 7-8); UN Trip; 12B; Sr. Board, NCYL; Basketball Mgr 3-8. ISU

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Froehle, Sara—Basketball 1-2, Equip. Mgr. 6, PEP 1-2; Quiz Bowl 3-4, Spanish Club 7-8; Sr. Board; Swimming 3-4, Track 1-2, 7-8; 12B. IA College of Nat. Health
Fry, Matthew
Furby, Jamie
Gary, Nathan

Goodrich, Aaron—AL; Concert Band 1-8; Marching Band 1-8; Soccer 1-8.
Gebhart, Amy—Basketball 1-8; PEP 1-8, Softball 1-8, Sr. Board; Track 1-4; UN Trip, Volleyball 1-8. ISU
Golden, Jennifer—AL; Concert Band 1-8; Cross Country 3-8, OA 4-5, 7-8; PEP 1-8; Photojournalism 7-8; Spanish Club 7-8; Sr. Board; Track 3-8.
Graeve, Andrew—AL; Baseball 1-8; Class Officer (Pres.); NHS; PEP 1-8; RIP 5-6; Scroll 5-8 (Co-Editor 7-8); Sr. Board; UN Trip; Wrestling 1-8 (Capt.). NCYL

Graham, Nick
Greene, John—Concert Band 1-6; Drama Club 7-8; French Club 5-8; Marching Band 1-6; ROTC 3-8. US Marine Corps
Gregory, Brandon—Football 3-6; Orchestra 1-3.
Grett, Cody

Griffiths, shannon—Basketball 1-4; Golf 5-8; OA 3-6; PEP 1-8; Spanish Club 7-8; Sr. Board; SG 7-8 (Public Relations); Swimming 1-8; UN Trip; 12B
Grimm, Mark
Hadley, Lisa
Haines, Emily

Halsband, Tommie
Halterman, Kaleena—RIP 7-8; Soccer 1-2, 7-8; Tennis 3-4, 7-8; UN Trip. Ventura College
Harrington, Theodore—Basketball 1-8, French Club 1-4
Hartman, Alicia—AD; PEP 7-8; Swimming 1-8, Odyssey of the Mind 3-4. Purdue

Head, Shawn—LC, OA 5-6, School Play 7-8; Spanish Club 3-4; Sr. Board; SG 3-8 (VP 5-6, Pres.7-8)
Hews, Lindsey—Basketball 1-8; Cross Country 1-2; Softball 1-4; Sr. Board, SG 7-8. Hamilton College
Hiatt, April—AL; PEP 1-6; RIP 5-8, Scroll 5-8; Spanish Club 5-6, Sr. Board, Steppers 3-8, SG 7-8.
Hicks, Brian

Hinman, Elizabeth—AL, OA 3-4;
Hoang, Bethdy
Holman, Jerry—Baseball 1-4, 7-8; Graphic Tech 4-8.
Hopper, Danielle—OA 6-7.

Houchin, Nicole—Key Club 5-6, Marketing Sales 5-6; Prep Choir 1-4, Soccer 5-6. DMACC
Housley, John
Hull, Katie—Debate 1; Orchestra 1-8; PEP 3-8; Photojournalism 5, 7-8; SODA 7-8. UNI
Hutchinson, Heather—Golf 6, OA 6; PEP 1-8; RIP 5-8; Soccer 1-8, Sr. Board; SG 7-8; Track 2. DMACC

Hutchinson, Jordan
Ingrao, Anthony
Johnson, Jessie—French Club 5-6, Graphic Tech 1-8; JA 7-8, Scroll 7-8; Soccer 7-8; OA 7-8. UNI
Jones, Alan—Football 1-8; Soccer 5-8

Jones, Beth— Concert Band 1-8; Cross Country 3-4; Debate 1-8, Marching Band 1-8, OA 3-4, Prep Choir 3-4, SG 3-4; Wrestling 4 (Mgr.) Simpson College
Jones, Jamie—Cheerleader 3-4; Graphic Tech 3-4; Steppers 1-2; UN Trip 6.
Jones, Michael—AL, Clemson University
Jordan, Ashley—Cross Country 1-8, Track 1-6.

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Karrett, Kathryn—AL; Debate 1; PEOPEL PE 7-8; PEP 5-8; SAGE 5-8 (Co.-Pres.); ISU

Killen, Krista

Kern, Marie—Marketing Sales 5-6; SODA 7-8; Treble Choir 7-8

Khorial, Melissa—Cheerleaders 1-4; French Club 1-2; PEP 3-4; Photojournalism 5-8; RIP 1-8; Scroll 5-8 (Photo Editor); Steppers 5-8; 12-B Hostess

King, April—Colorguard 1-4, 7-8; PEP 1-4; Prep Choir 1-2; RIP 1-4, 7-8; Scarleteers; School Play 7-8; Soccer 1-8; SODA 7-8; Sr. Board; SG 1-8; Wrestling 3-4, 7-8; DMACC

King, Jessica—Graphic Tech 3-6; MSC; PEP 1-4, 7-8; RIP 7-8; 12B Hostess. ISU

Knight, Catherine—AL; Cheerleader 3-4; NHS 7-8; NCYL 7-8; OA 2-5; PEP 5-8 (Board); Prep Choir 1; Soccer 3-8; Spanish Club 7-8; Sr. Board; SG 7-8; Drake

Knox, John

Kruecke, Lars—PEP 7; Photojournalism 8; Swimming 8.

Laurie, Carrie

Lawrence, David

Lee, Charity —Chamber Choir 5-8, Colorguard 5-8; Photojournalism 5; Prep Choir 3-4.

Lehman, Jay

Leo, Anthony—Football 1-4; KDDS 5-8 (Music Dir.); Wrestling 1-8 (Capt.); Grand View

Lester, Kasandra

Letzk, Stephanie—Golf 5-8; OA 1-8; PEP 1-8; RIP 5-8; Scarleteers; Spanish Club 1-4; SG 1-4. Grand View

Lewis, Richard

Lofton, Niki—AL; BPA 3-8 (Asst. Historian); Graphic Tech 5; Key Club 7-8; OA 3-8; PEP 1-2; Prep Choir 3-4; RIP 6-8; Spanish Club 3-4; Sr. Board; Steppers 5-8; SG 7-8; Tennis 6; Theater Arts 3-4; Treble Choir 7-8

Long, Penny

Lore, Sondra—Soccer 1-4; Volleyball 1-4. DMACC
Lowe, Alison
Lundberg, Kevin—Baseball 1-8; Golf 1-6; PEP 1-2. ISU
Luscombe, Eric

Lynch, Ned
Lyon, Justin
Mabrier, Nicole—Basketball 7-8; PEP 7-8; SDS 7-8, Track 7-8.
Mallory, Candy

Markle, Joshua—AL; Baseball 1-4; Basketball 1-2. French Club 1-4.
Marlenee, Angela
Mathias, Justin
Mathis, Kristi—Chamber Choir 1-6; Concert Band 1-2; Debate 1-4; Jazz Band 1-2; Marching Band 1-1; School Play 1-6. DMACC

Mayhugh, Joshua
McAleavy, Melissa—Graphic Tech 4-7; PEP 1-4; Scroll 4-7; Sr. Board; Steppers 1-2; Swimming 1-4. DMACC
McAleavy, Rebecca—Golf 3-4; Graphic Tech 3-8; IA 7-8; LC; NH 6-8; PEP1-8 (Historian); RIP 5-8; Steppers 1-2; Swimming 1-6. LA Fashions
McChurch, Shawna—AL; Colorguard 3-7; NHS; Orchestra 1-8; Quill 4-8; Spanish Club 5-8.

McClimi, Cheyenna—Comp. Speech 3-6; Cross Country 1-8; Debate 1-8; Drama Club 1-8; French Club 5-6; LC; School Play 1-2, 5-8; Soccer 3-8; SG 1-2, 5-6 (Sec., Treas.); Theater Arts 5-8; Track 1-6; Wrestling 7-8. Drake
McConnell, Samantha—Colorguard 5-8; Marching Band 5-7; Mixed Choir 1-3; OA 1-8; PEOPEL PE 7-8; PEP 7-8; Sr.Board; SG 7-8; Swimming 1-3.
McFarland, Charles—Scroll 5-8; UB 3-8; Home Remodeling 5-8. DMACC
McLaughlin, Bryan—Golf 3-8; JROTC 1-8.

Layout: Kelli Welker.

McNelly, Amanda—Steppers 5-8.
Mehl, Wendy—Marching Band 1-8; PEOPEL PE 5-8, PEP 1-2; School Play 3-8; Sr. Board; Theater Arts 3-8, DMACC
Michael, Patti
Moberg, Timothy

Mom, Bopha— French Club 7-8; Sr. Board; UB 4-5, ISU
Montis, Debra—Marching Band 1-8; Quill 4-8 (People Ed. 5-6, Co-Editor 7-8); Spanish Club 5-6. UNI
Moore, Jennifer— Cheerleader 3-8; PEP 1-8; RIP 7-8; Sr. Board. DMACC
Moran, John

Morrhas, Angela
Morris, Robin—Colorguard 1-4, 7-8; Mixed Choir 5-6, Prep Choir 3-4; Wrestling Mgr. 1-8, DMACC
Mortice-Lowman, Zach— AL; Concert Band 1-8; Jazz Band 1-8; Marching Band 1-8; NHS, UMC
Mosset, Mathew

Mowrey, Aaron— Football 1-6.
Murphy, Katherine—AL; Colorguard 7-8; Competitive Speech 7-8, Concert Band 3-8; Debate 3-8; Marching Band 3-8, NHS, Sr. Board; Swimming 5-8, UI
Nelson, Jessica— Drama Club 1-2, 5-8; LC; Mimes 1-2, 5-8; NH, RIP 1-2; SDS 3-4; School Play 1-2, 5-8; Theater Arts 1-2, 5-6
Nerem, Clinton

Nowadzky, Brooke—Colorguard 1-4; Key Club 4-8, LC, Quill 4-8, School Play 4-8; Theater Arts 4-8; Voices of Change 7-8, DMACC
OBrien, Anna
Ogburn, Billie—Sr. Board, ISU
Oliver, Jennifer—Colorguard 1-8; Marching Band 1-8; Quill 4-8; SG 7-8, DMACC

Olson, Christine—Golf 5-8; Cheerleaders 1-4; PEP 1-8; RIP 4-8; Scroll 5-6; Softball 1-4; Sr. Board; Steppers 5-8; UN Trip. UNI

Ortiz, Veronica—PEP 7-8; Soccer 5-8; Sr. Board; SG 7-8 DMACC

Owens, Angela

Page, Courtney—Cheerleaders 1-8; Class Officer (Sec.) 7-8; Kiwanian; OA 5-8; PEP 1-4; Softball 1-2; Sr. Board; Track 1-8; UN Trip; Volleyball 1-8.

Parker, Shonna—Prep Choir 1-2; Treble Choir 3-4. DMACC

Patton, Corey—Baseball 1-3; Football 1-3; PEP 7-8.

Paulding, Kenneth—Baseball 1-8; Football 1-8; Sr Board; Wrestling 5-8; SODA 7-8.

Peck, Kevin

Pett, Joseph

Pettinger, Larry

Pickett, Krystal—AL; Cheerleaders 3-8; Golf 8; Graphic Tech 4-8; NHS; OA 1-8; PEP 1-8 (Pres. 7-8); RIP 7-8; Soccer 1-8; Sr. Board; UN Trip; Volleyball 1-8; NCYL ISU

Piper, Nick—Football 1-8; Wrestling 1-8.

Powell, Oliver—Football 1-8; Soccer 7-8; Swimming 1-4; Track 1-8; Wrestling 7-8.

Puchta, Brandon

Quigley, Erin—Chamber Choir 3-6 (Publicity Director 5-6); Colorgaurd 1-7; Competitive Speech 7-8 (Capt.); Concert Band 1-6; Debate 7-8 (Capt.); Equip. Mgr. 3-4 (Wrestling), Jazz Band 3-6; LC; Soccer 3-4; Theater Arts7-8; Treble Choir 2; Vocal Jazz 5-6 (Pres.); NCYL; SS; Voices of Change 7-8.

Reben, Steven

Redshaw, Michael—AL, Football 1-8; OA 4-5; Soccer 6-8, UN Trip.

Reed, Jasmine

Reese, Michael—Football 1-8; Home Remodeling.

Reha, Blaize

Layout: Kelli Welker.

Reihsen, Karena
Reising, Brandi—Mixed Choir 3-4; Steppers 3-8; Treble Choir 1-2, 5-8; Voice Class 7-8
Reuppel, Kelli—Colorguard 1-8; OA 5-7; Spanish Club 7-8. DMACC
Reynolds, Robert

Richardson, Jessica—Orchestra 1-8; Softball 5-6; Tennis 1-8. DMACC
Richardson, Katherine—JA 7; NH 7-8; PEP 1-2; Scarleteers; Volleyball 1-4; TS. DMACC
Riley, Christy—AL; Concert 2; Marching 1; OA 1-2, 7-8; SS. Army National Guard
Ritchie, Dawn—Debate 1-2; French Club 5-6; Graphic Tech. 4; PEP 1-8; Photojournalism 3-6; Sr. Board; Steppers 5-8; Swimming 1-8; NCYL. UI

Robinson, Heather—Graphic Tech 2-8; Key Club 7-8; PEP 3-8; Sr. Board.
Robinson, Kathleen—Basketball 1-8; PEP 1-8; Softball 1-8; Track 1-4; UN Trip; Volleyball 1-6. ISU
Roseberry, Heather—Concert Band 1-8; Drama Club 5-8; Marching Band 1-8; OA 5-6; PEOPEL PE 7-8; School Play 5-8; Sr. Board; SG 3-4; Theater Arts 7-8. Methodist School of Radiology
Rousseau, JeTaime—PEP 7-8; Sr. Board; Treble Choir 5-8 (Pres.); Volleyball 5-8.

Royer, Stephanie—Chamber Choir 7; SDS 7; Volleyball 7
Sawhill, Sherah
Sawhill, Thomas—Home Remodeling 5-8
Schietzelt, Stacie

Schoyoor, Gregory
Schreck, Christine
Schuler, Ryan—Baseball 1-8; Football 1-8.
Scott Jr., James

Sharp, Todd
Shepard, Tiffany—PEP 1-4, 7-8; RIP 7-8; 12B; MSC, AIB
Sherrard, Shannon
Shipman, Aaron—AL; Cross Country 1-8 (Capt. 7-8); NHS; Track 1-8 (Capt. 7-8). ISU

Signs, Sheena—Cheerleaders 1-7; Marketing Sales 5; Sr. Board, UN Trip; 12B. AIB
Skeffington, Kirby—Basketball 1-2; Competitive Speech 3-4; Marketing Sales 7-8; OA 1-4. Army
Smith, Amy—12B, Volleyball 1-4; Steppers 5-8; PEP 1-8; Soccer 3-4. ISU
Smith, Jared

Smith, Jennifer—French Club 5-8; OA 5-8; PEP 3-4, 7-8; RIP 7-8; Sr.Board; Tennis 1-8 DMACC
Sorter Jr., John
Sou, Heang—Graphic Tech 1-6; OA 1-8; Scroll 1-6, Spanish Club 7-8; Sr. Board; TS. ISU
Souvatray, Khanthaly

Stanley, Michelle
Stanton, Misty—AL, Chamber Choir 3-8; Mixed Choir 1-2; NHS (Sec. 7-8); PEP 1-6, RIP 7-8, Scroll 5-8; Sr. Board; Tennis 1-8; Volleyball 1-8; FCA 3-5; TS 1-8. Ozark Christian College
Stats, Michelle—AL; NHS, PEP 5-8, RIP 7-8, Steppers 7-8, Volleyball 1-6, MSC; 12B. ISU
Stewart, Angela

Stocker, Nicole—PEP 1-8, RIP 5-8; Tennis 5-8; Rock Climbing Club 3-6. DMACC
Swacker, James
Sweet, Jessica—AL; Debates 3-4; Key Club 3-8 (Sec 5-6, Co-Pres. 7-8); Mixed Choir 3-4; OA 5-8; PEP 3-4, 7-8; Prep Choir 1-2, RIP 5-8; Spanish Club 7-8; Sr. Board, SG 3-8; Treble Choir 5-6, NCYL.
Taylor, Lindsay—AL; Key Club 3-4; Scroll 5-8; Spanish Club 3-4. Coe College

Layout: Kelli Welker.

Templeton, Meghan—BPA 7-8 (State Treas.); Cheerleader 1-2; French Club 1-4; Graphic Tech 3-8; PEP 1-6; RIP 3-8; Sr Board; Steppers 3-8; Tennis 3-4; Volleyball 3-4; 12B; MSC

Terrazas, Jessica

Thomas, Joe—Football 1-4; NH 1-6; Home Remodeling 3-4; DMACC

Thomas, Tia

Thimesavanh, Souphin

Tiesman, Alejandra—Basketball 2-3; Cross Country 2; SDS 3-4; Softball 1-6; Track 4-5; Volleyball 1

Tilley-Clark, Tanna—Debate 1; TS 1-3; UB 4-6

Tinvalket, Cassie—AL; IA National Guard

Torrans, Joseph—Concert Band 1-4, 7-8; Jazz Band; Marching Band 1-4, 7-8; DMACC

Underwood, Kelly

Vaughn Jr., David

Vandermark, Misty

Vang, Tria—AL; UB 3-4; NCYL

Van Horn, Dana—French Club 7-8; Key Club 6-8; Mixed Choir 1-4; OA 1-8; PEP 1-4; RIP 1-8; Treble Choir 5-6; CLEF (Senior Rep.)

Vertz, Angela—AL; LC; NHS 6-8; OA 7-8; Orchestra 1-8; PEP 1-8; RIP 7-8; Sr Board; SG 7-8 (Treas.); UN Trip; Homecoming Queen

Wacht, Tom—Football 1-8; Swimming 5-8; Track 1-8; UN Trip

Waldron, Stephen

Waldron, Trevor

Waldschmidt, Angela—Prep Choir 1-2; Treble Choir 3

Warner, Adam—Football 1-4; Swimming 1-4; Air Force

Warner, Amanda
Warren, Erin—AL; Concert Band 1-4; Marching Band 1-4, PEP 5-8; Scroll 5-8; SAGE 5-8 (Co-Pres.). ISU
Wayman, Lucas
Weber, Jack

Welker, Kelli—Cheerleaders 1-8; PEP Board 7-8; Quill 4-8; Scarleteers 3-8; Sr. Board; Treble Choir 1-2; 12B; Homecoming Court. ISU
Weltzheimer, Ashley
Westergaard, Sara—Cheerleaders 1-2; French Club 1-2; Marketing Sales 5-6; PEP 1-8; RIP 3-8; Sr. Board; Tennis 3-4, 7-8. UI
Whalen, Amanda

White, Bryan
Whitney, Brandy
Whitten, Stephanie—Basketball 1-2; Gospel Choir 1-2, Mixed Choir 1-2; OA 3, JROTC 1-8. ISU
Wicker, Zechariah—AL; PEP 3-4, 7-8; Soccer 1-3; Swimming 3-5; FFA 3-6 (VP). ISU

Wickersham, Patricia—Colorguard 1-4, Key Club 4-8; Theater Arts 7-8. ISU
Williams, Daenelle—Colorguard 3-8; PEP 1-8; Prep Choir 1-2; Treble Choir 3-8, 12B. UI
Williams, Jason—Scroll 5-8.
Williamson, Tigre—Cheerleaders 1-8, Debate 1-6; PEP 1-4; Softball 1-8; Track 1-8; Treble Choir 1-2. Drake

Wing, Karrisa
Winn, Adam—Debate 1; French 1-2; Quiz Bowl 5-6; Scroll 7-8; UN Trip. ISU
Wolf, Michael—Football 1-8; Home Remodeling.
Wood, Stacey—AL; Drama Club 1-2; NHS; PEP 1-8; Soccer 3-4; Spanish Club 7-8; Sr. Board; SG 1-2, 7-8; Swimming 1-2. UI

Layout: Kelli Welker.

Xiong, Luke
Yamen, Noah
Yenzer, Christina—Graphic Tech. 5-8; Mixed Choir 7-8; PEP 5-6; Treble Choir 1-6. La James
Zubulake, Richard—Golf 1-8; Marketing Sales 8, PEP 3-8, Soccer 2-8. ISU

Hall, Brandon
Phillips, Chris
Yamen, Noah

Seniors Not Pictured

Atkinson, Christopher
Banks, Crystal
Beard, Rory
Bennum, Robert
Bennum, Tanna
Blanker, Matthew
Boyd, Matthew
Calaway, Lamonte
Campbell, Samantha
Cantu, Jennifer
Carr, Candice
Cavan, Sis
Cavanh, John
Clark, Brandon
Cox, Nathan
Dominguez, Melissa
Edwards, Blake
Emery, William
Erickson, Benjamin
Fetter, Daniel
Francis, Dominique
Freeborn, Joshua
Gilbert, Ashley
Gomez, Brandi
Gomez, Francia
Graves, Amy
Grayson, Mary
Hacknorath, Shane
Hecker, Crystal
Henrichs, Jason
Hines, Dawn
Ibarra, Gabriela
Jones, Joseph
Jordan, Darnell
Jorgenson, Adam
Kellogg III, Miles
Kemp, Nikkolas
Keopraseuth, Phouthavong
Krumvieda, Renee
Lampman, Karla
Lange, Matt
Lawless, Andrea
Lee, Chengxu
Lee, Tommy
Lee, Zeng Choua
Lee, Zeng Kong
Leichliter, Matthew—Football 1-4. DMACC
Lo, San
Lovan, Mark
Lovan, Vanthana
Luong, James
Luster, Takiyah
McCann, Kelly
McKee, Daniel
McMahill, Patrick
Moore, Nicholas
Mott, Dalica
Nicolino, Nicole
Otero, Omar
Ousley-Lee, Shayla—Basketball 1-4; Drama Club 1-8; LC 5-6;NH 5-6.
Peterson, Cassie
Phongphetpannha, Linda
Pinta, Kari
Prock, Anne
Reben, Jeremy
Reese, Samuel
Roberts, Jason
Robertson, Lesue
Rodgers, Douglas
Sharon, Michael
Sly, Kari
Stalker, Justin
Stephen, Kendra
Stokes, Jermon
Taylor, Syreeta
Thomas, Christina
Thompson, Adam
Thongdam, Outhay
Towey, Patricia
Townsend, Adam
Thek, John
Turner III, John
Vance Jr, James
Vang, Terry
Wallace, Justin
Wangkham, Michael
Ward, Adrian
Ware III, Paul
Weber, Bradley
Weckman, Mark
Western, Christina
Williams, Kristine
Williams, Robert
Wood, Nicole
Wright, Mildred
Wright, Rachael

You can tell you are a senior when...

"All your teachers are constantly reminding you of how hard college is and not to get lazy now because it will make life harder later." – *Megan Edwards*

"You have a never-ending pile of college information that you have to sort through and look at." –*Katie Karrett*

"You have three hours of release time because you already have enough credits and all you need to take are required classes." – *Dorneile Williams*

"The underclassmen, especially the freshmen, agitate your nerves and you don't ever remember acting that way when you were a freshman." –*Tricia Wickersham*

"You tower over all the underclassmen, you get treated better by teachers, and you have seniority." – *Adam Warner*

"When freshmen scamper out of your way in fear while walking down the hall." – *Adam Winn*

"When everyone else looks like they should be in sixth grade." – *Nate Cox*

"When you walk down the hall and you never see the freshmen's faces. They can't look at you because they are staring at the floor as they are walking." –*Matt Evans*

"You are bigger than all the underclassmen and you're sick of being here all day every day." –*Jessica Richardson*

CHEERING AT AN ASSEMBLY, THE senior Steppers rivet their eyes on the action (above). At lower left, seniors *Matt Breton*, *Ryan Bernhardt*, *Alan Jones* and *Mike Redshaw* cheer and show school spirit at the same assembly. Below, senior *Jesse Bainter* strokes his chin to get inspirational ideas for class.

Photojournalist: Nancy Holmes.

How have you changed since freshman year?

"I have matured a lot because in freshman year I was so immature. Plus, I have gotten more involved, which has made me less shy. I also have tried to work harder in my classes, and I didn't when I was a freshman." *–Chris Olsen*

"Things of importance have changed for me. I don't always make sure my homework is done. In ninth grade I'd always do the most important stuff, but now instead of stressing about school work, I freak out about my future and college plans." *–Debbie Montis*

"I think I have matured a lot since then and I have opened up more and lost a lot of my shyness." *–Brooke Nowadzky*

"I've grown up a lot and gotten to be more outgoing. I have gotten more involved in school activities and have gotten to know more people." *–Kelli Welker*

"I have definitely gotten louder and more pushy. I have learned leadership skills and gained a wider view of my horizons. I have also learned more about people when they get stressed and how to deal with it. Since my freshman year, I can kick more butt in tennis." *–Misty Stanton*

"I cut off all my hair, I have braces and glasses, and I know lots more people." *–April Hiatt*

Which year was the least stressful for you?

"Freshman year because you don't have to worry about college and your future as much as you do your senior year." – *Heidi Bailey*

"Freshman year, for me, because the teachers still go easy on you and the classes are not as hard then." – *Megan Edwards*

"Even though senior year was great, I would have to say that my sophomore year was the least stressful." – *Alison Lowe*

"Junior year was for me because during freshman and sophomore years, you are new and don't know much, but by your junior year you know more and you are confident, and your senior year you have to worry about college and your future." *–Matt Breton*

"This year definitely. Senioritis!" – *Adam Winn*

aBOVE, SENIORS RYAN *Bernhardt, Misty Stanton, Andrew Graeve*, junior *Jennifer Hanlin*, and seniors *Tiffany Carey* and *Khanthaly Souvatrat* work on the Memory Spiral Project that was started last year.

AUTOGRAPHS

Top 3 %

(ALPHABETICAL) *Anthony J. Antelman, Denise L. Birkhofer, Venessa M. Boland, Matthew E. Brenton, Andrea Brockman, Andrea N. Cook, Ernesto De La Cruz, Jr., Jennifer L. Golden, Andrew J. Graeve, Elizabeth Hinman, Catherine Knight, Zach Mortice-Lowman, Michelle K. State, Jessica Sweet, Lindsay M. Taylor, Erin M. Warren* **NOT PICTURED:** *April E. Boll, Brian J. Brookshire, Tiffany R. Carey, Daniel J. Fetter, Anthony S. Ingrao, Tria Vang.*

Top 15 %

(ALPHABETICAL) *Kelly J. Alshouse, Paul J. Augspurger, Bridget C. Davis, Michael J. DeMoss, Mary F. Froehle, Aaron Giddings, Nick R. Graham, Mark Grimm, April S. Hiatt, Michael T. Jones, Kathryn A. Karrett, Joshua D. Markle, Katherine A. Murphy, Krystal K. Pickett, Michael C. Redshaw, Cristy Riley, Aaron J. Shipman, Khanthaly Souvatrat, Misty K. Stanton, Angela M. Vertz, Stacey L. Wood.* **NOT PICTURED:** *Heidi Bailey, Ryan Bernhardt, Jennifer L. Blackburn, Stephanee A. Carlos, Jennifer M.Csader, Janna N. Dickey, Brianna D. Frank, Emily Haines, Bethdy Hoang, Niki A. Loftus, Shawna McChurch, Billie C. Ogburn, Christpher B. Phillips, Erin L. Quigley, Samuel A. Reese, Karena L. Reihesen, Stacy J. Six, Cassie S. Toasket, Patricia K. Towey, Jason R. Williams, Tigre D. Williamson, Rachael L. Wright.*

Senior Class Officers

- ☑ Courtney Page--Secretary
- ☑ Andrew Graeve--President
- ☑ Mary Froehle--Vice President
- ☑ Andrea Cook--Treasurer

Design: Bontis (Debbie and Heidi).

Design: Bonnis (Heidi & Debbie).

ENVISION

2

N the Class of

0 1

GRADUATION: MAY 26, 2001
KNAPP CENTER, 1 P.M.

SENIOR BREAKFAST:
MAY 2, 2001

EXPECT
The
Unexpected

PROM 2001

THEME: **Heaven is a place on Earth**

COLORS: **Lavender and Silver**

DATE: *April 28, 8-11p.m.*

PLACE: **Za-Ga-Zig Temple**

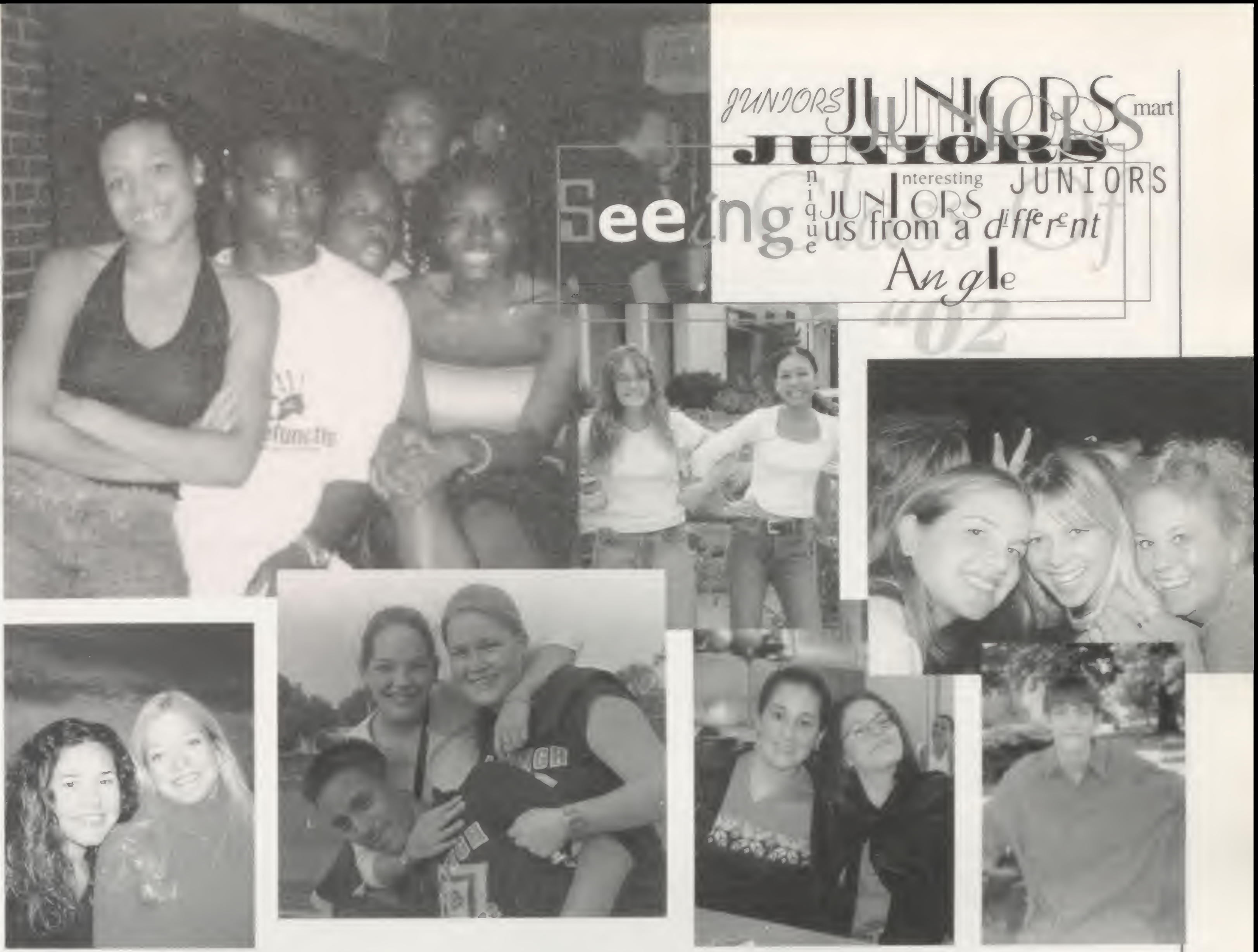
INSERT YOUR PROM PHOTO HERE...

{We are unable to cover the activities that take place in May, such as Prom, due to the date of distribution of the Quill.}

Design: Bontis (Debbie and Heidi).

JUNIORS JUNIORS Smart JUNIORS

Seeing Unique Interesting JUNIORS JUNIORS us from a different Angle



Alicia Alvarez
Andrew Anderson
Sara Anderson
Shara Andrews
Nicholas Anousis
Justin Anspach
Tifani Armintrout

Nicholle Axser
Joshua Babcock
Eric Baccam
Kati Bainter
Casey Baker
Darcy Baker
Jessica Barker

Darcey Bartlett
Joshua Barton
Katrina Bass
Lindsie Beck
Amanda Beckett
Melissa Beede
Collin Benesh

Photojournalist: Amy Preas

Ashley Bennett
Candace Bennett
Christi Bethards
Luke Billings
Ashley Birkinbine
Michael Birt
Kerry Bloomquist

Valerie Boland
William Borts
Lan Boutdara
Jeremy Bowers
Monica Bowers
Adam Boydston
Nicole Brady

Eric Brandt
Adam Britt
Zachary Brooks
Holly Buch
Jessica Bush
Jesse Byers
Misti Byrd

Travis Campbell
Carolina Canas
Tyler Card
Crystal Carr
Noemy Carrasco
Kevin Chapman
Michael Christian

Misty Christopher
Steven Clair
Brody Clark
Heston Clark
Shane Clements
Aleisha Collins
Matthew Connelly

Tracy Cooper
Jodie Cosner
Jonathan Covalt
Christopher Crane
Joshua Crane
Darren Cruchelow
Brock Cunningham

Jeremy Curl
Elisabeth Dalton
Lisa Dare
Demareo Darrah
April Davenport
Amanda Davis
Brandon Davis

Brian Davis
Trentin Davis
Beau Dean
Tyler Dearth
Lindsey Deaver
Michelle Denning
Joseph Devore

Suzane Dolan
Danelle Drayton
Rosemary Duenas
Robert Edrington-Bean
Benjamin Emery
Sarah Evans
Mike Fagen

Kristina Farrell
Cheri Fenton
Jason Fitzgerald
Terra Flipping
Chaya Franklin
Kathryn Freel
Elizabeth Freeman

Nickolas Frye
David Fuller
Michelle Gazzo
Amy Giddings
Amber Giles
Nicholas Gladwin
Markey Glenn

Larry Golston
Angela Gomez
Joseph Gomez
Valentina Gomez
Tyler Goode
Leslie Gossen
Ashley Gourd

Gabriella Gralbreath
Jennifer Graves
Vincent Gregory
Jennifer Grochala
Ryan Grochala
Amanda Grossman
Maria Guerra

Anthony Guessford
Sarah Guhl
Brandon Hagins
Jennifer Hanlin
Kjersten Harvey
Aaron Hazelwood
Amanda Heckman

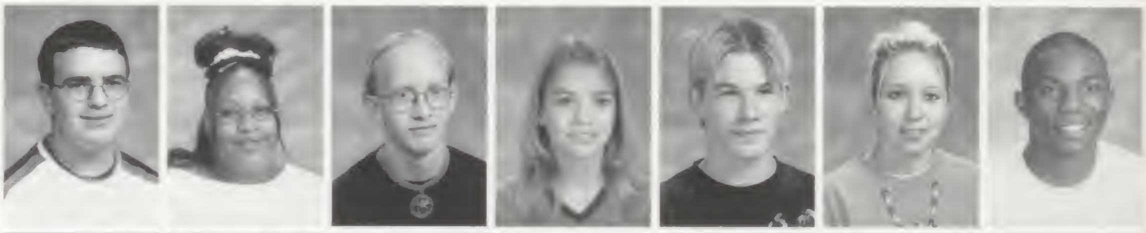
Robert Henderson
Stacy Hester
Christopher Hickman
Jeffrey Hidlebaugh
Heather Hildreth
Larry Holloway
Barbara Holt

Donald Holtry
Tiffany Hood
Aaron Hook
Melissa Horton
Saiphone Houangsavanh
Jennifer Hyde
Katrenia Isaac

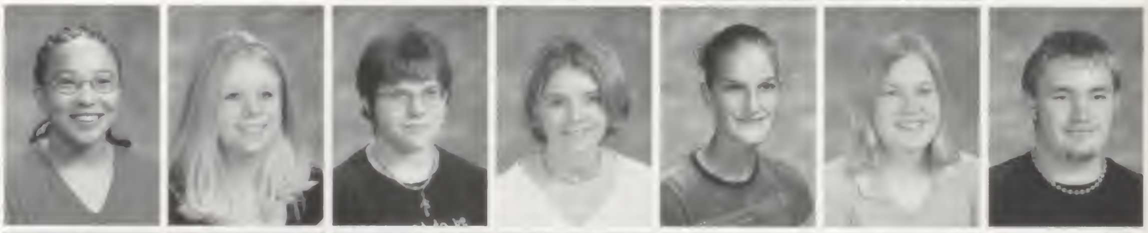
JUNIOR *Saiphone Houangsavanh* watches a tennis match on a cold spring day (right). Juniors *Michele Warnock* and *Amy Preas* pose for a picture on Flashback Day during Homecoming Week (bottom left). Junior *Kati Bainter* enjoys her first day of gym class, sitting next to P.E. teacher *George Davis* (bottom right).

(ABOVE) JUNIORS *LINDSEY LATCHAM, MICHELE Warnock and Darcy Baker* pose for a picture during cheerleading camp at Okoboji.

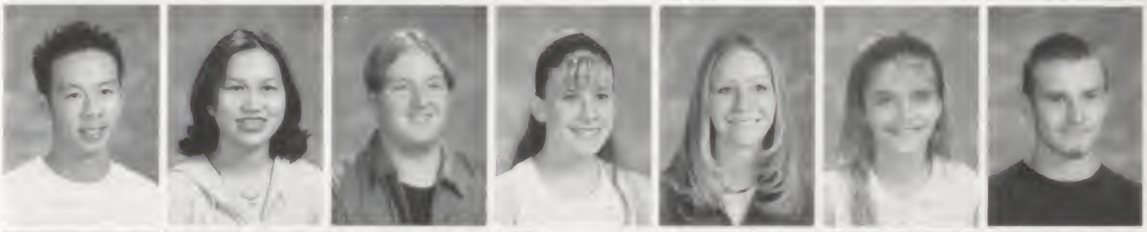
Brian Jackson
Regina Jackson
Eric Jeffries
Stephanie Jennings
Dustin Jividen
Desiree Johnson
Julius Johnson



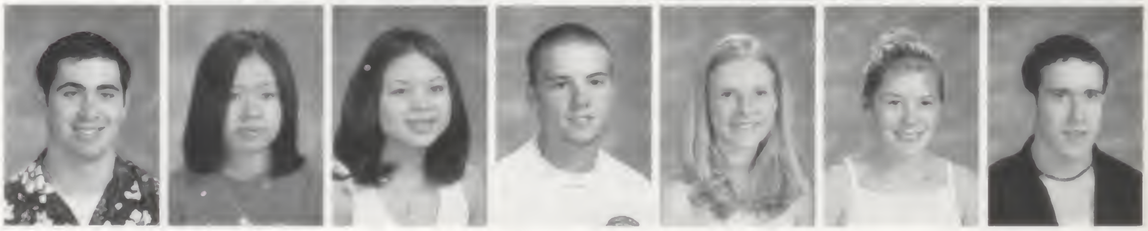
Kendra Johnson
Leah Johnson
Angela Jones
Courtney Jones
Faith Jones
Heather Jones
Jonathon Jones



Tingkham Kamvanh
Mone Kavan
Austin Kayser
Rebekah Keddie
Amy Kelley
Michelle Kellogg
Terry Kellogg



Alex Kelly
Phanna Kem
Linda Keothammakhoun
Joseph Kephart
Amanda Kindred
Nicole King
Adam Knight



Anticipating Senior Year

IN HIGH SCHOOL THERE ARE TWO GROUPS of students: the upper class and the lower class. With each year, another group of students gets to move a little further up the high school ladder.

Freshmen finally get to leave middle school, sophomores are no longer the lowest lower class and the seniors get to be the top dogs of the school, something they've wanted throughout their entire high school existence. One group, however, always waits with a special anticipation to get to be the head honchos. This group is the junior class.

"I've had a lot of fun in high school so far," said junior **Jonna Eastcott**. "I think next year will be even more fun, though, because senior year is supposed to be the best year of high school and I think it will be for me."

Junior year tends to be one of the harder years of high school for most students. At that level, students have to take harder classes and do more work than they were accustomed to their freshman and sophomore years.

"Freshman and sophomore classes were a piece of cake compared to the work I have to do for classes, especially chemistry, this year," said junior **Ellen Rothweiler**. "I'm not used to doing all the homework I have to do this year."

Along with dealing with school work, students in the eleventh grade start thinking about what they want to do with their lives, choices including going to college or working.

"It's stressful to think about how I have to start deciding what I want to do with my life this year so I can choose a college accordingly," said junior **Saiphone Houangsavanh**. "Since college costs a lot of money, I also have to work a majority of the time in order to be able to go to college."

No matter how hard junior year is and how tough things are for eleventh graders, they always have at least one thing to look forward to: senior year.

...Cheri Fenton

Merry Kouang
Matthew Lange
Simon Lange
Bradley Langford
Lindsey Latcham
April Le Clere
Amanda Lee

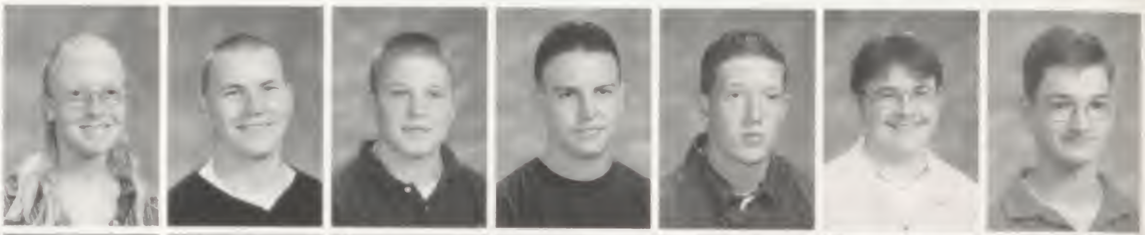
Gary Lee, Jr.
Kao Choua Lee
Rebecca Lee
Chantal Lefleur
Johna Leverich
Ina Lewis
Lacey Lombard

Alyssa Long
Eric Lopez
Joseph Lovanh
Vince Lovanh
Aimee Lozano
Charles Lozano
Sam Luu

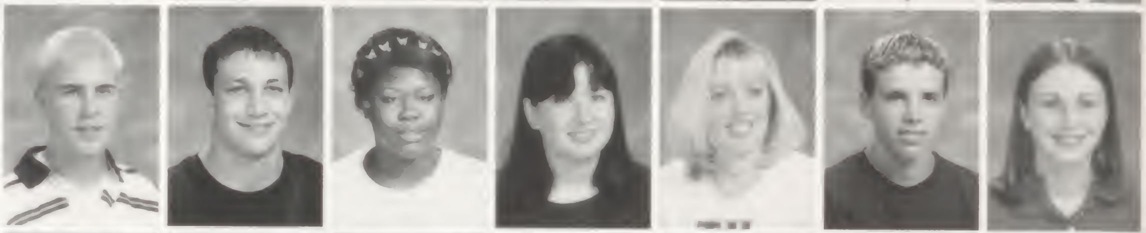
David Marlenee
Amber Martineau
Jennifer Mason
Alfonso Mata
Marlin Mc Murray
Kimberly McCallister
Frank McCarl

Brenton McClelland
Matthew McCormick
Ryan McDonald
Edward McDowell
Cory McElvogue
Marcus McGarr
Patrick McGravey

Melissa McKean
Patrick McMahill
Nicholas McNeley
Jared Mendenhall
Joseph Merryfield
Gregory Milbach
Chad Miller



Christopher Miller
Nathan Miller
Montique Miller(Hayes)
Melissa Mills
Amanda Mitchell
Terry Mitchell
Nina Moore



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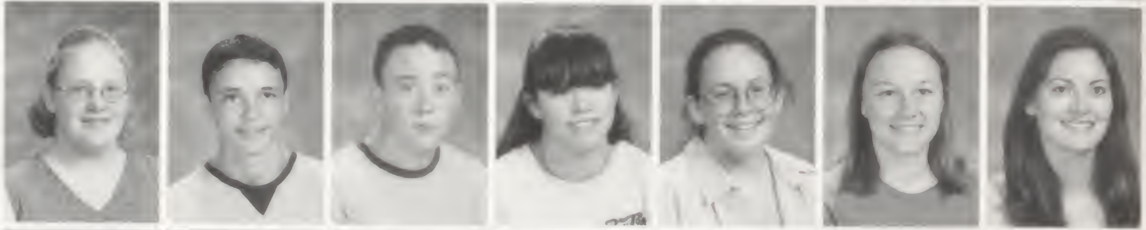
Michael Moran
Pamela Moreno
Crystal Moses
Stephanie Murray
Rhiannon Nagy



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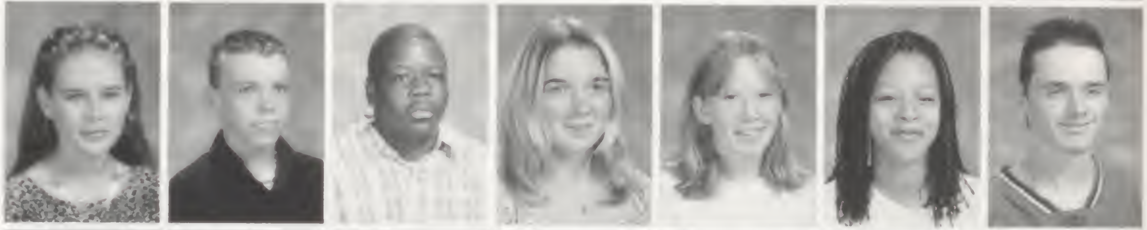

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Troy Parsons
Jessica Payne
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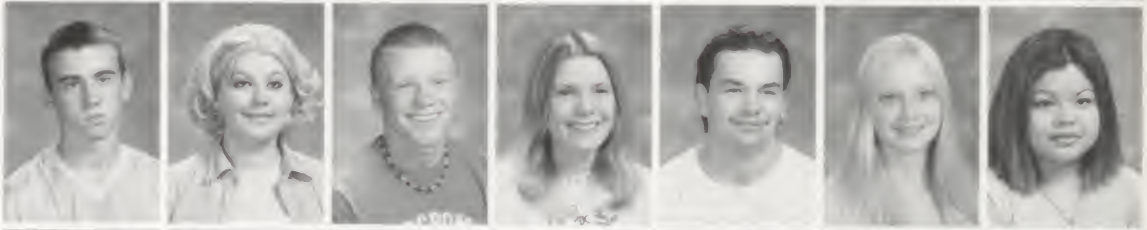
Shannon Petrie
Manisone Phondeth



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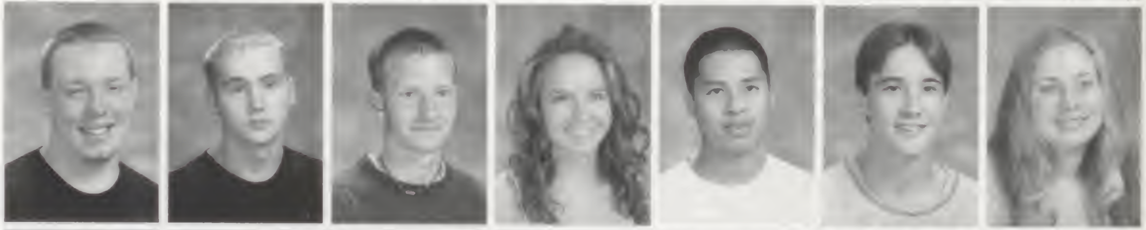
Amy Preas



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Timothy Ragan
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Corey Reben
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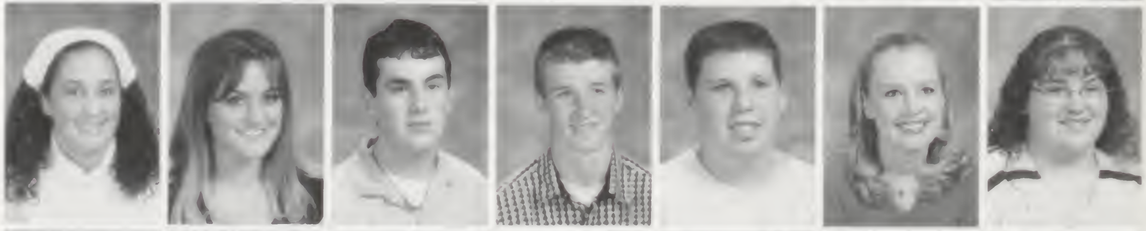
Crystal Reed



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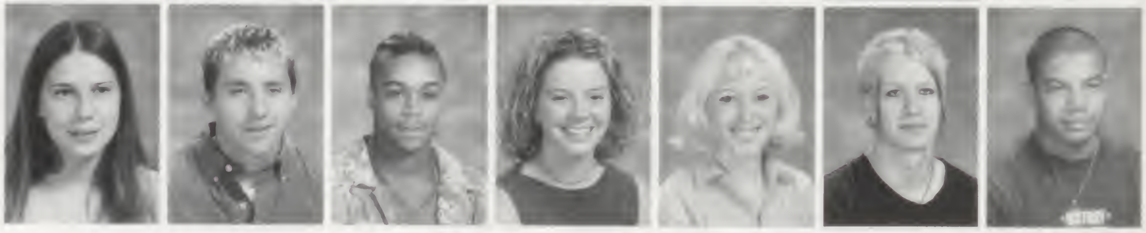
Terrance Rice
Lyndsey Richardson
Megan Richardson
Jason Roberts
Anthony Robinson



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Travis Roseberry
Ellen Rothweiler
Jeremy Royse
Shauna Ryan
Zachary Sadler
Malisa Sam

Chanthason Sanachit
Kasandra Savage
Shannon Scarlett
Courtney Schieffer
Heather Schietzelt
Alicia Shepherd
Quashonda Shields-Perrin

Kassandra Sholley
Statia Sinclair
Justin Sleeth
Kurt Sloan
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Jennifer Smith
Jordan Smith

Matthew Smith
Michelle Smith
Stacy Smith
Brandon Snitker
Jonathan Sokoll
Mark Standley
Stephanie Stapes

Lindsay Steele
Michael Steeples
Amie Stevens
Ginger Stevens
Jason Stevens
Josh Stockbauer
Rodney Stockbauer, Jr.

Steven Strable
Ryan Sutherland
Amber Swacker
Rachel Taggart
Phonemany Theppanya
Paphaphone Thipyothin
Cheyvone Thomas

Cheyenne Thompson
Jason Thompson
Shellique Thompson
Krienkray Thongsoum
Jessica Tilley
Amanda Todd
Travis Tollari

Angela Tonsi
Becky Trigg
Nathan Tyler
Jessica Van Dyke
Andrew Vance
Cynthia Vancleave
Jeremy Vertz

One of my favorite lines is...

"I have no legs!" – *Little Nicky*
Daeneile Williams, 12

"Nobody puts baby in the corner." – *Dirty Dancing*
Alison Lowe, 12

"Fat guy in a little coat." – *Tommy Boy*
Angela Bacon, 12

"Kangaroo song, kangaroo song, KANGAROO SONG! Alright!" – *Big Daddy*
Christine Miller, 10

"Struttin with some Bar-B-Que" – *Louis Armstrong*
John Raymond, teacher

"What we got here is a failure to communicate." – *Cool Hand Luke*
Ed Kelly, teacher

TITLES

A– *Jerry Maguire*
B– *Forrest Gump*
C– *Who Wants to be a Millionaire*
D– *The Matrix*
E– *Billy Madison*
F– *Snickers commercial from Election 2000*
G – *Rush Hour*
H– *10 Things I Hate About You*
I– *Wayne's World*
J– *Grease*
K– *Clueless*
L– *SNL*
M – *Tarzan*
N– *Austin Powers, The Spy Who Shagged Me*
O– *Stewart, SNL*
P– *Gone with the Wind*
Q – *EDtv*

THE ANSWERS ARE...

1. G
2. A
3. J
4. I
5. K
6. N
7. H
8. E
9. P
10. C
11. M
12. D
13. B
14. F
15. O
16. L
17. Q

Troy Wacht
Malachi Wadsworth
Savannah Wadsworth
Kimberly Wagner
Jacob Walker
Sean Wall
Misty Waltz

Amanda Ward
Michele Warnock
Rebecca Watson
Daniel Webb
Lee Webber
Brian Weber
Michael Weeks

Richard Weigel
Melinda Weiland
Tyanna Wells
Kristin West
Kacie Westlake
Krista Wicker
Daniel Williams

David Williams
Jennifer Williams
Terry Williams
Tyler Williamson
Alyssa Wilson
Nathan Wittenstein
Tavoya Wortham

Chang Xiong

Out of Sight

Boyles, Trisha
Byers, Casey
Cook, Ciji
Eastcott, Jonna
Flagg, Sarah
John, Donald
Johnson, Jonathan
Jones, Joseph
Kemp, Nikkolas
Knox, Heather
McMurray, Marlin
Moua, Vee
Smith, Blake
Stanton, Adam
Tran, Sean

WHAT'S *that* LINE?

...by Heidi Bailey

1. "This is the United States of James Carter now. I'm the president, I'm the emperor, I'm the king. I'm Michael Jackson, and you Tito."
2. "Show me the money!"
3. "A hickey from Kenickie is like a Hallmark card."
4. "I once thought I had mono for an entire year. It turned out I was just really bored." and "We're not worthy!"
5. "Searching for a boy in high school is like searching for meaning in a Pauly Shore movie."
6. "You're not quite evil enough. You're semi-evil. You're quasi-evil. You're the margarine of evil. You're the Diet Coke of evil, just one calorie, not evil enough."
7. "My Insurance does not cover PMS!" and "Hey, I've got news for you. I'm down with it, I got the 411, and you're not getting jiggy with some guy. I don't care how dope his ride is."
8. "You take the blue pill and the story ends. You wake in your bed and you believe whatever you want to believe. You take the red pill and you stay in Wonderland and I show you how deep the rabbit-hole goes."
9. "To-to-today junior!" and "Shampoo is better! I go on first and clean the hair. Conditioner is better! I leave the hair silky and smooth! Oh, really fool? Really…Stop looking at me swan!" and "You're not cool unless you pee your pants! Well, if peeing your pants is cool, then consider me Miles Davis."
10. "Frankly, Scarlet, I don't give a damn."
11. "Are you sure this water is sanitary? It looks questionable to me."
12. "Life is like a box of chocolates. You never know what you're gonna get."
13. "I wear the same size pants as my dad. Yeah, well I invented pants."
14. "Is that your final answer?"
15. "I'm good enough, I'm smart enough, and doggonit people like me."
16. "What is Donna Summers' name in the phone book? Simmerdownow!"
17. "Where's mom? In the other room. I'd yell for her, but I'd die."

• • • • • • • • • • • • • • • • • • • •

EYEball these sweet tunes...

You like to think you're never wrong
You want to act like you're someone
You want someone to hurt like you
You want to share what you've been through
~ Linkin Park

I've felt the hate rise up in me...
Kneel down and clear the stone of leaves...
I wander over where you can't see...
Inside my shell, I wait and bleed...
~ Slipknot

You should never let the sun set on tomorrow, before the sun rises today
If I am, another waste of everything you've dreamed of, I will let you down
If I am, only here to watch you as you suffer, I will let you down
~ Nine Days

I won't be your Friday paycheck
I won't be the prize you flaunt
And I won't be your Martha Stewart, baby. Or your all-night restaurant
~ SHeDaisy

She doesn't want the kind of love she can live with,she wants the kind of love she can't live without
~ Clint Black

There is no Arizona, no painted desert, no Sedona. If there was a Grand Canyon, she could fill it up with the lies he told her, but they don't exist, those dreams he sold her. She'll wake up and find, there is no, Arizona
~ Jamie O'Neal

We doin, big pimpin, we spendin cheese. Check em out now, big pimpin, on B.L.A.D.'s We doin, big pimpin up in NYC. It's just that Jigga Man, Pimp C, and B-U-N B
~ Jay Z

So pardon me while I burst into flames. I've had enough of this world,
and it's people's mindless games
So pardon me while I burn, and rise above the flame.Pardon me, pardon me. I'll never be the same.
~ Incubus

Keep rollin' rollin' rollin'.
~ Limp Bizkit

My words don't come out easily
So I will tell you honestly No one wants to spend Eternity alone....
~ MxPx

Now what is it that she wants?
Tell me what is it that she needs?
Did she hear about the brand new Benz that you just bought for me?
Cause ya'll didn't have no kids
Didn't share no mutual friends
And you told me that she turned trick
When ya'll broke up in '96
~ Mya

Lookin back on the things I've done
I was trying to be someone
I played my part, kept you in the dark
Now let me show you the shape of my heart
~ Backstreet Boys

But she caught me on the counter
(It wasn't me)
Saw me bangin' on the sofa
(It wasn't me)
I even had her in the shower
(It wasn't me)
She even caught me on camera
(It wasn't me)
~ Shaggy

Don't you want to be the one tonight, we can do exactly what you like. Don't you wanna be just you and me, we can do what comes so naturally.
~ Christina Aquilera

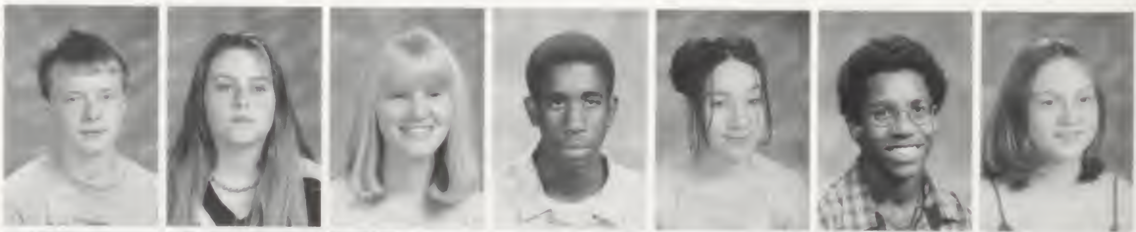
Cinderella said to Snow White
How does love get so off course?
All I wanted was a white knight
With a good heart, soft touch, fast horse. Ride me off into the sunset
Baby, I'm forever yours
~ Faith Hill

I like the way you brush your hair
And I like those stylish clothes you wear, I like the way the light hit the ice and glare and I can see you boo from way over there
~ Nelly

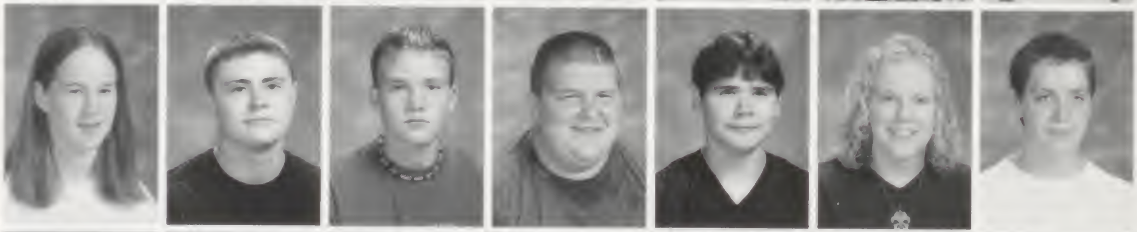
Now every little thing that we do
Should be between me and you
The freaky things that we do
Let's keep between me and you
~ Ja Rule

SOPHOMORES SOPHOMORES harp
SOPHOMORES SOPHOMORES xotic
SOPHOMORES
eiwinG a p p SOPHOMORES ature
>each other through y different Eyes
03

Jeremy Abrahamson
Delayna Adams
Megan Allison
Brandon Anderson
Emily Anderson
Kory Anderson
Amanda Armintrout



Amanda Atteberry
Jason Audas
Kyle Audlehelm
Korey Avery
Richard Avritt
Erica Baker
Justin Bales



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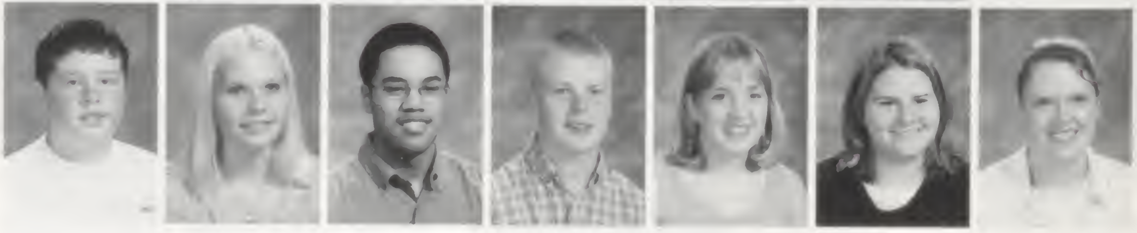
Lisa Beck
Darra Beng
Jeffrey Bettis
Valerie Blackford
Katie Blades
Lynne Blake



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James Blount
Sharon Bohannon
Adam Bolander
Justin Bolden
Amanda Botts
Tony Boyd

Derek Brady
Heather Brady
Emily Brandt
Christopher Brewer
Elizabeth Briley
Christina Brooks
Joel Broughton

Ashley Brown
Mark Brown
Michelle Brown
Willard Brown
Brandy Budd
Aaron Bunce
Grant Bunce, Jr.

Robert Burgett
Kally Busby
Tiffany Butler
Justin Byers
Tiffani Byrd
Amanda Byrkett
David Calo

Danielle Campos-Anderson
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Iris Chavarria
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Kelly Clark
Kristy Cochrane
Brandy Coe

Veronica Coe
Jonathon Conn
Seth Conn
Justin Constable
Jay Cook
Eric Cooper
Ashley Cowles

Stephanie Cozad
Mathew Crane
Monisha Crawford
Victor Crouse
Tiffany Dalrymple
Jeffrey Dare
Matthew Daugharthy

Kari Daughenbaugh
Jessica Davenport
Joshua Davis
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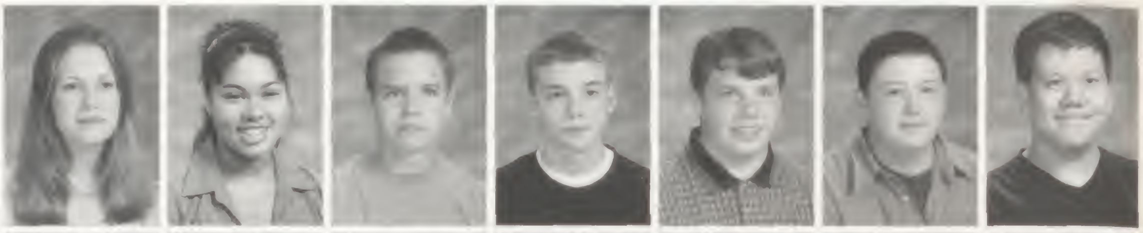
Brian Dittrich
Jeffrey Doane
Erick Dolan



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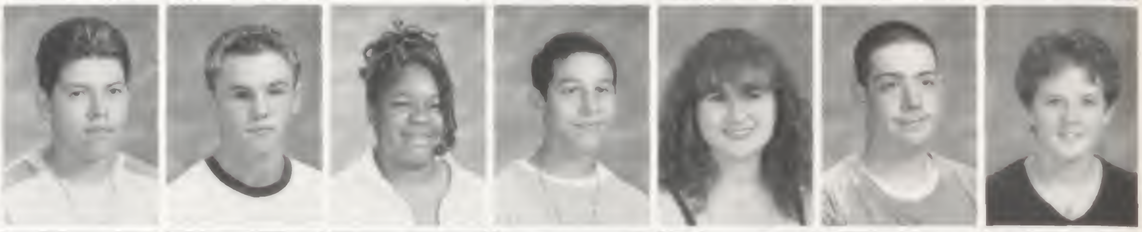
Michael Doornenbal
Kurtisha Dotson
Rene Duenas
Jessica Dyer
Gabriel Eaton
Rachel Edwards



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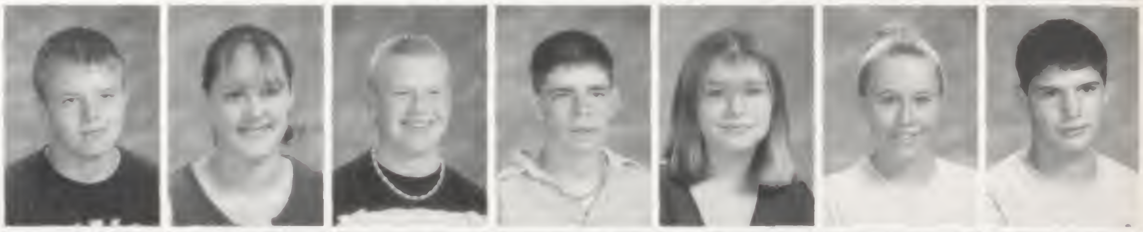
Michelle Emery
Adam Ezzio
Dustin Fargo
Krystal Field
April Fisher
Dustin Fisher



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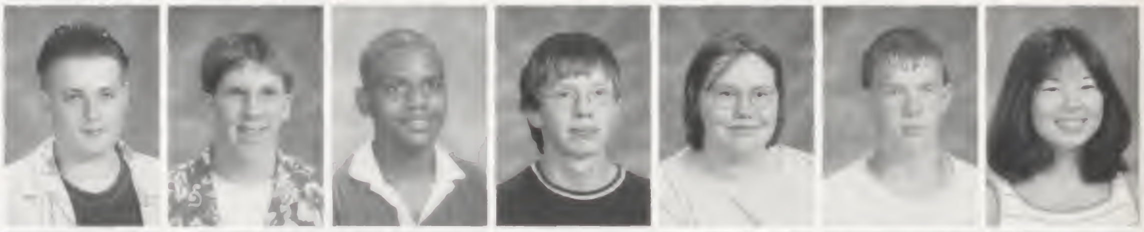
Scott Flaherty
Kenneth Fleming, Jr.
James Fortune
Michelle Fortune
Mark Foster
Molly Fredericksen



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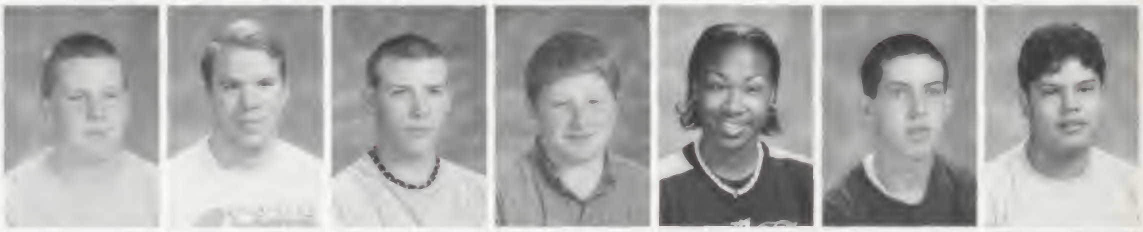
Charles Freeman
Matthew Freerksen
Raymond Fudge II
Sydne Fullbright
Zachary Gallmeyer
Carlos Garcia



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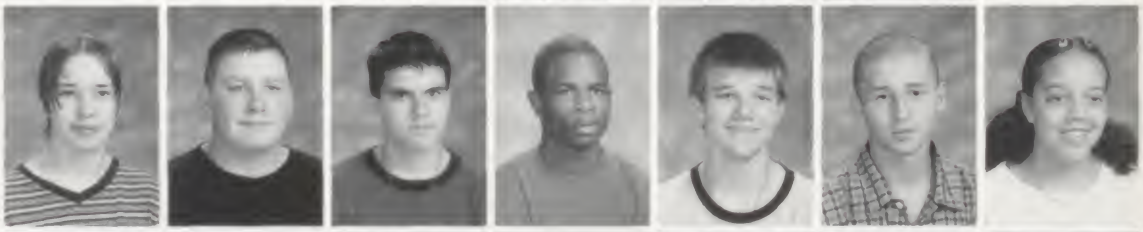
Steven Gilbert
Mark Gines
Steven Glick
Oscar Gonzalez
Rachel Goods



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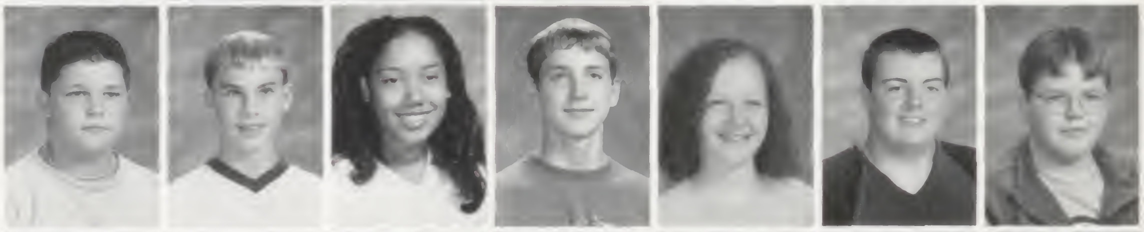
Shawn Graham
Sirina Greene
Richard Greenly
Abigail Griffin
Matt Griffith
Cory Grimes



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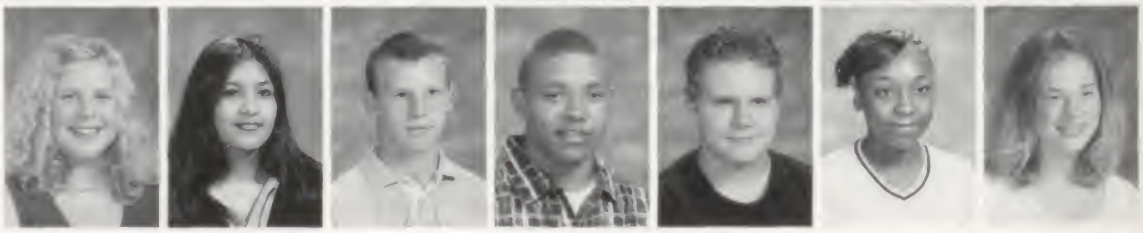
Laura Guzman
Garrett Hagins
Neil Hall
Tyler Hall
Ashley Harding
Echo Harding



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Dante Haygood

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Amy Heggen
Nicole Herold
Ross Hesseltine
Gabriel Hibben
Tina Hoang Van

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William Hood
Jacky Housley
Kenney Hunsley
Christopher Hunt
Kelli Irvin
Sherly Jacob

Tony Jeffries
Andy Jensen
April Johnson
Stacy Johnson
Bobbie Jones
Jessica Jones
Ashten Jordan

Jade Jordan
Christopher Judkins
James Karns
Barney Kayser
Jamie Kellen
Anastasia Kelly
Linda Keo

Amy Kern
Jenelle Key
Heather Kilby
Casandra Killinger
Amanda King
Brian Kirkpatrick
Janet Knapp

Ashley Knight
Stacy Knight
Amanda Knox
Amanda Lary
Matt Latimer
Michael Law(Markley)
Judy Leach

Eric Leanos
Nicholas Leo
Matthew Lewis
Daniel Lint
Mi Lo
Amanda Logan
Dustan Logan

Megan Logan
Amanda Long
Nicole Loose
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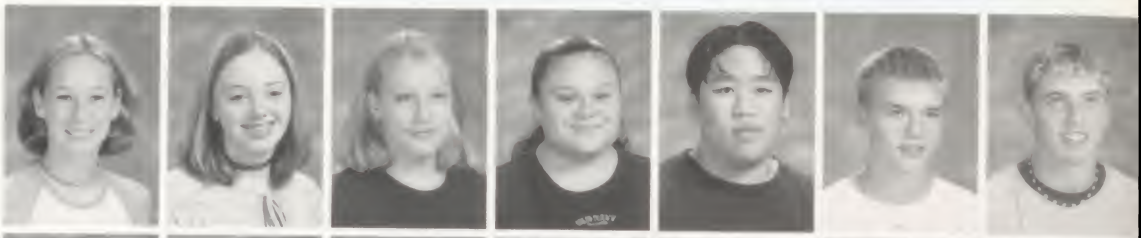
Kevin Lovan
Joseph Love
Ross Loving



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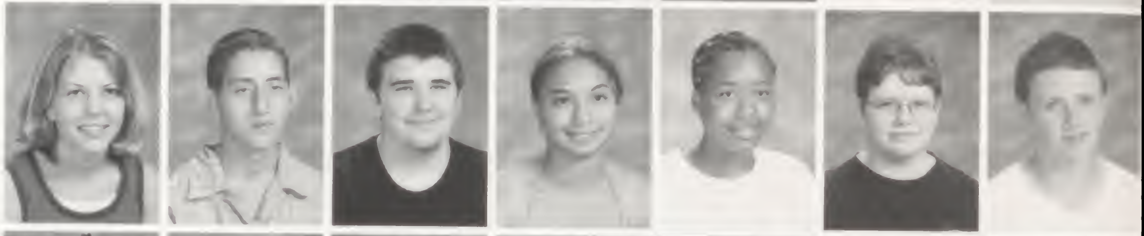
Tammy Manning
Ryan Markle



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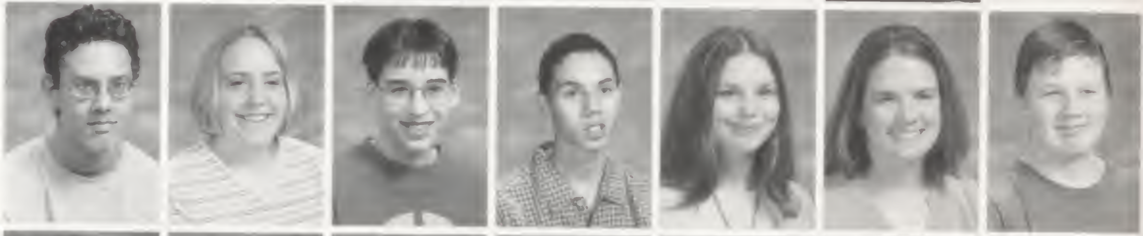
Nicholas Mayhugh
Matthew Mc Crea
Danielle McConnell
Kellie McFadden
David McFarland



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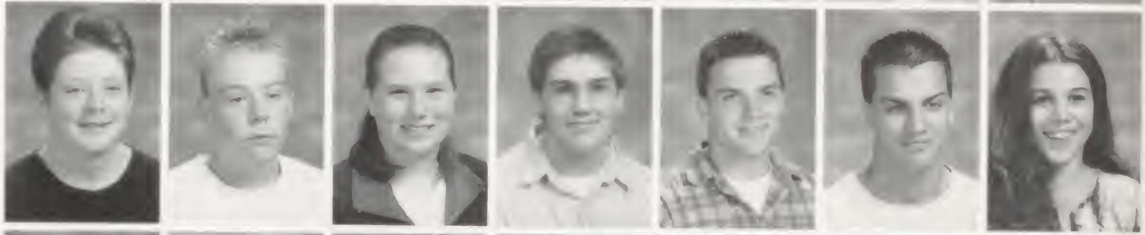
Jason McKinney
Sarah McLaughlin
Michael Mendenhall
Jared Metheny
Jason Metheny
Amanda Michael



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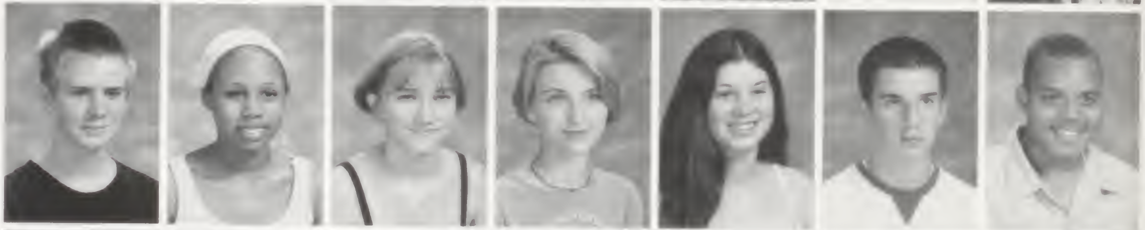
Alysshia Miller
Ashley Miller
Deanna Miller
Heather Miller
Nicholas Miller
Damien Minter



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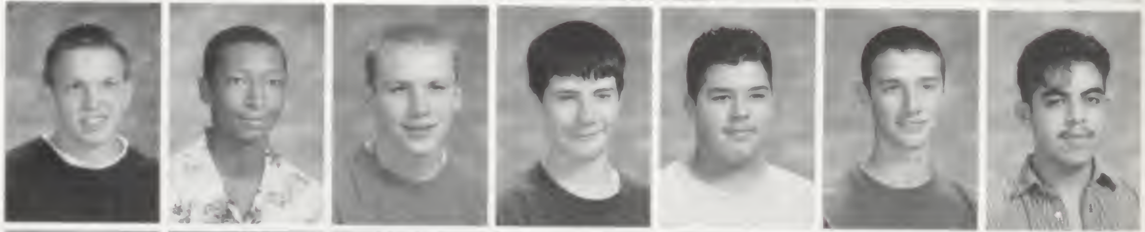
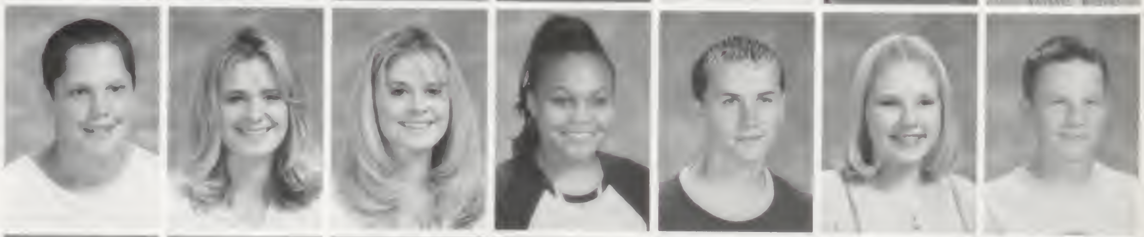
Joshua Moorhead
Hugo Mora
Kyle Morgan
Alfredo Muniz



Crispin Muniz
Aimee Munoz
Ashley Munoz
Tamicka Murray
Marcus Nece
Sara Neer
Nathan Nissen



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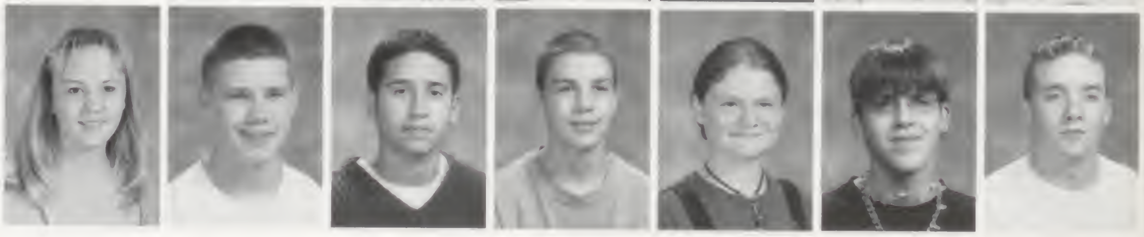


Lukas Parks
Amish Patel
Michael Patrick
Andrew Pebbles
Ryan Perry
Payton Petrie
Scott Phaydavong

Ake Phetdavieng
Diana Phomvisay
Somkith Phonesavath
Vithaya Phongphetpannha
Chelsea Pickett
Jonathan Piper
Stephen Plummer

Kellie Poland
Laura Porter
Randal Powell
Kimberly Pridemore
Eric Radley
Aaron Ramirez
Sarah Ramus

Jason Randolph
Montez Rankins
Joshua Ray
Sarah Raymond
Veronica Reed
Andrew Reimers
George Renfro

Danielle Reynolds
Reggie Ries
Tisha Rivas
Tela Robinson
Katherine Rogers
Leonardo Romero
Matthew Ross

Kelsey Rotter
Stephanie Roush
Donald Rowe
Aleksandr Roytman
Joseph Russell
Hector Sanchez
Rickey Sawyer

Crystal Schaff
Martin Schnackel
Brian Schulz
Kardeea Scott
Bradley Shanahan
Dustin Shandri
Aaron Sharp

Joel Sheridan
Justin Shootman
Amanda Smith
Crystal Smith
Jennifer Smith
Danielle Smithhart
Heather Snyder

CLASS OF 2003 'ESCAPES'

...by Shawna McChurch

Photojournalist: Photo Dept.

Many changes took place this year in the Des Moines school district. One of the biggest was that the class of 2004 is now required to have 21 credits to graduate, as opposed to the 18.5 credits needed before.

"We want students to be equipped when they graduate, but most students have 21 or more credits when they graduate anyway," said counselor **Linda Baker**.

Some students felt that the change was unfair.

"It seems like they just don't want students to graduate early, even though it's only 2.5 more credits," said sophomore **Allison Summy**.

Other changes made for the class of 2004 were in the curriculum. Students are now required to take a full year of English 10, which makes the graduation requirement 3.5 English credits. Also required is two years of science and an extra year of social science.

"It's good to require the two years of science and a whole year of English 10 because that's stuff you need to know anyway," said sophomore **Emily Grover**.

Although these changes don't directly affect the class of 2003, they will be the last class at East to do things the old way.

"I'm just really glad that my class isn't a part of all this," said Grover.

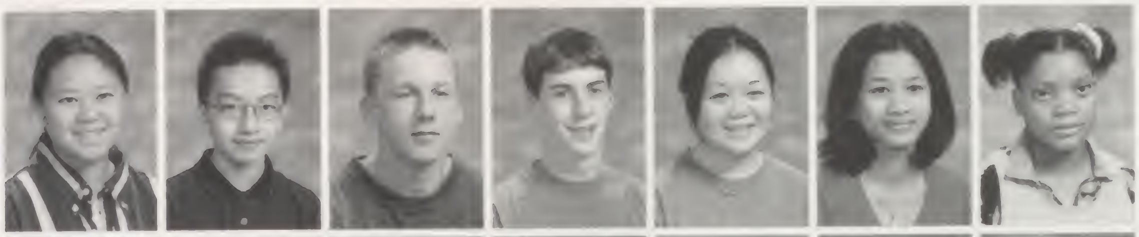
"I'm a little excited," said sophomore **Molly Matlage**. "It's a big relief because high school is hard enough as it is just needing 18.5 credits to graduate."

Phitsamai Songkham
Chandy Souvatrat
Andrew Spargo
Kristina Stanton
Jacob Stephens
Travis Stephenson
Kamaye Steward

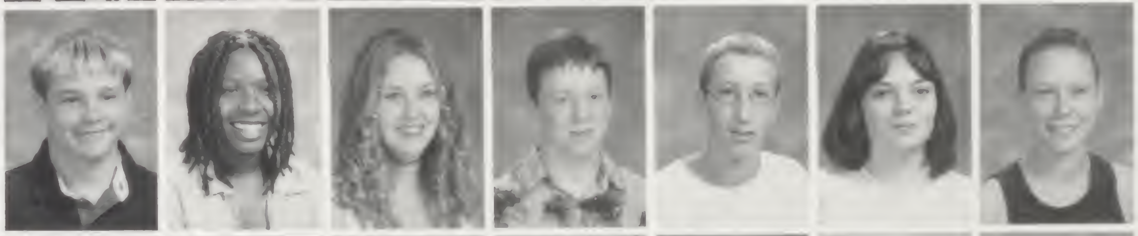
Shawn Stonehocker
Steven Strock
Jayme Strong
Joshua Stroud
Allison Summy
Joe Swacker
Joseph Swacker

Ashley Tappan
Ashli Taylor
Emily Taylor
Maria Terry
Benjamin Tharp
Adam Thornton
Garry Tinsley

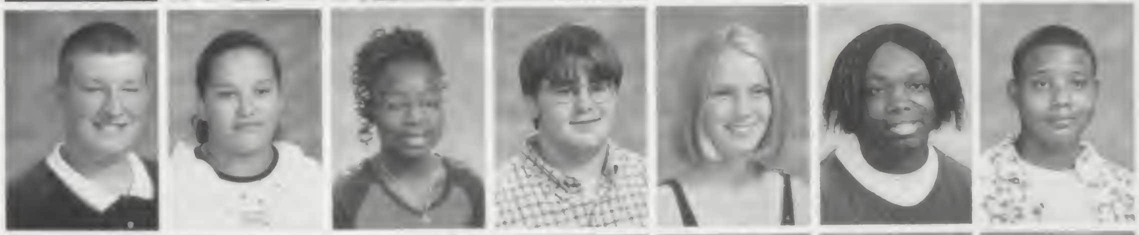
Ricky Todd
Sabrina Tolson
Jon Trigg
Jordan Turner
Nathan Tyler
Amanda Ulmer
Harold Van Tassel



Ao Vang
Fueche Vang
Chase Vanzandt
Jeremiah Vincent
Keovilay Vongsouvanh
Emily Vuth
Debra Wagner



Mark Wagner
Theresha Wagner
Lindsay Waltz
Daniel Watland
Aaron Webb
Amber Weber
Jayme Wetzel



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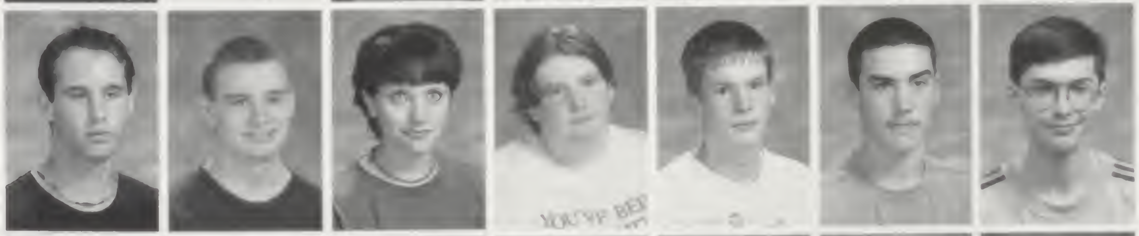
Delora White
Teshe' White
Bryan Whiting
Elizabeth Widlund
Anthony Williams
Kenneth Williams III



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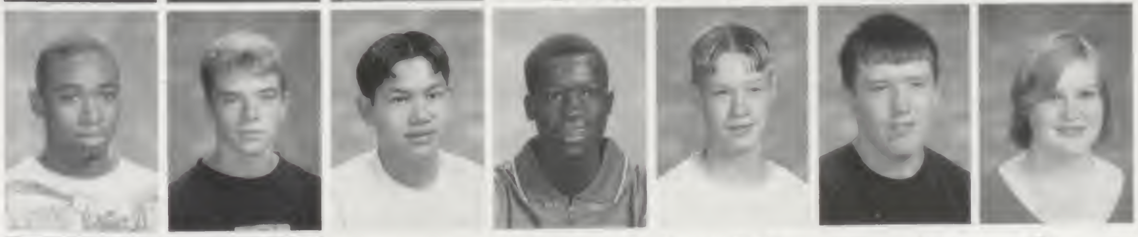
Michael Williams
Shannon Woltz
Krystal Worthington
Teddie Worthington
Anthony Woxell
Lonnie Wren



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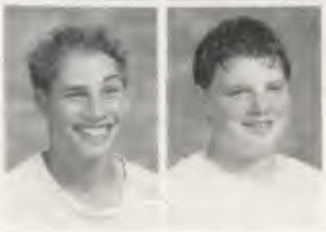
Justin Wyatt
Inh Xaysana
Jeremiah Yassin
Bryan York
Jeremy Young
Alicia Zacher



Jeffrey Zelenovich
Brian Zigler

Out of Sight

Canas, Zaida
Caylor, Bud
Heath, Ryan
Krebs, Sherry
Kuyrkendall, Ashley
McConnell, Danielle
McCuen, Jr., Scott

Newsome, Ebony
Robinson, Joel
Rushing, Orlando
Sandoval, Alejandro
Summers, Garry
Vandyke, Alicia
Xaysana, Somphong

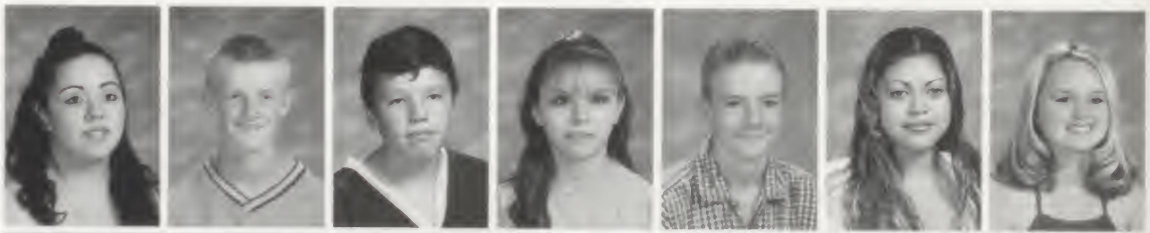
FRESHMEN FRESHMEN FRESHMEN
FRESHMEN
elbarova FRESHMEN
Silly
FRESHMEN
Explorers

LooKinG >up at others with a different Perception <

Class of '04

The Party's Here!

Jannett Abdallah
Brett Adams
Kevin Alarcon
Marisol Alatorre
Tyler Althaus
Erica Alvarado
Alicia Alvarez



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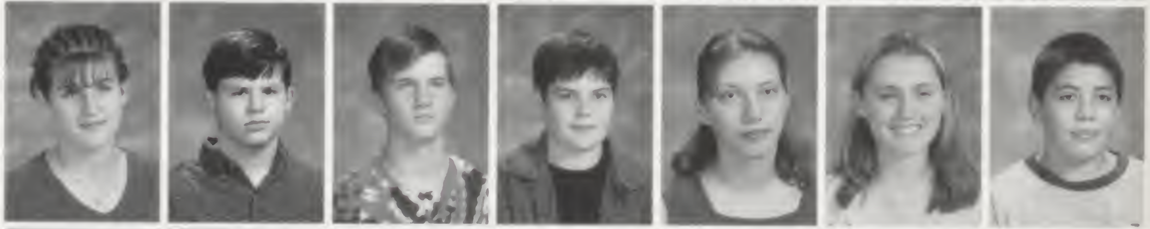
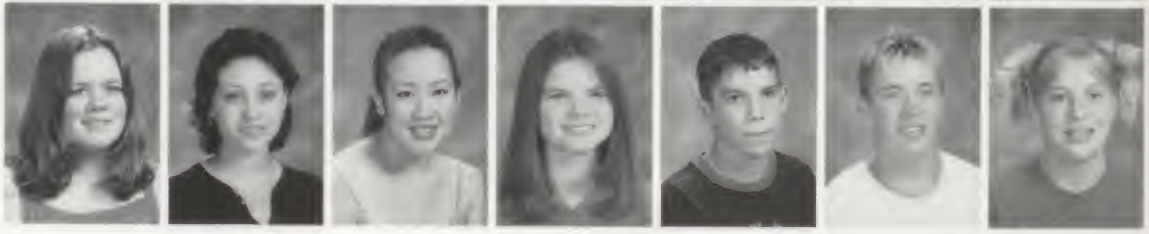
James Anousis
Nicholas Anspach
Jesse Antelman
Heather Armstrong
Mikaela Atkins
Juvenal Avila



Katie Axser
Kristin Ayala
Marshelle Baccam
Melissa Baker
Brandin Bales
Timothy Ballard
Jennifer Barker



Photojournalist: Amy Preas.

Tye Beck
Dena Beckwich
Garrett Beem
Owen Bell
Melodie Bennett
Cristina Bernardino
Kristin Bernhardt

Trevor Bird
Angel Blount
Tyler Boattenhamer
Jessica Boileau
Devin Bolden
Jason Boll
Brian Borne

Amber Bosley
Jeni Bosley
Robert Bourdon
Jolynn Bradley
David Branson
Jenny Brants
Daniel Bright

Aaron Britt
Megan Brooks
Melinda Brooks
Anthony Brown
Julian Brown
Jason Brownell
Brooke Brumley

David Bryant
Andrew Buch
Russell Buck
Sierra Buck
Brooke Budd
Joseph Byrkett
Lacy Calkins

Emanuel Campbell
Andrew Carey
James Carlson
Amanda Carper
Jennifer Carr
Yuridia Carrasco
Christopher Carrick

Eric Carrington
Jeffrey Cason
Niasha Cason
Benjamin Caylor
Lidia Chamale
Zoila Chamale
Jonathan Chandler

Angel Chantavisouk
Peter Chanthavong
Courtney Chaplin
Carrie Chapman
Desiree Chavez
Stephanie Chia
Randy Chounlamountry

Jessica Christie
Damion Clement
Jessica Cochrane
Nicole Cockerham
Felicia Coe
Zachary Coe
Ashley Coleman

Cody Conn
Nicolaus Conner
Jeremy Cook
Jamie Cort
Mandy Courter
Myneka Crawford
Jason Crook

Andrew Croy
Tori Crum
Amy Cunningham
Anthony Curfman
Danielle Curry
David Curtis
Joseph Dake-Cowles

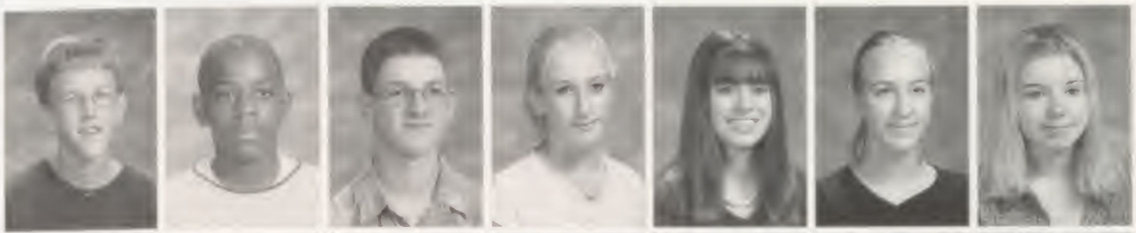
Amanda Danielson
Jessica Daugherty
Camilla Davis
Cory Davis
Jennifer Davis
Randi Davis
Michael Deal

Troy Deaton
Zachary Deaver
Michael Deerr
Heather Dellaca
Trevor Dickey
Dorothy Dileonardo
Teresa Dolan

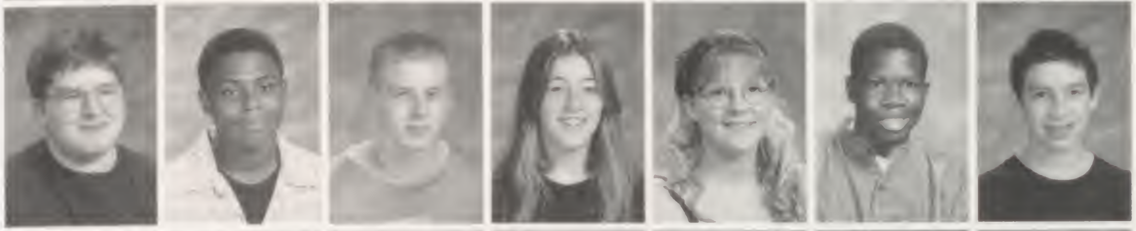
Matthew Donahue
Joann Dorrian
Patrick Dorrian
Darey Douch
Kelci Dowell
Amy Doyle
Leon Drayton

Zach Dressic
Felicia Duenas
Jeremy Dunkin
Marcy Duntz
Paul Durham
Ashley Edwards
Joseph Farley

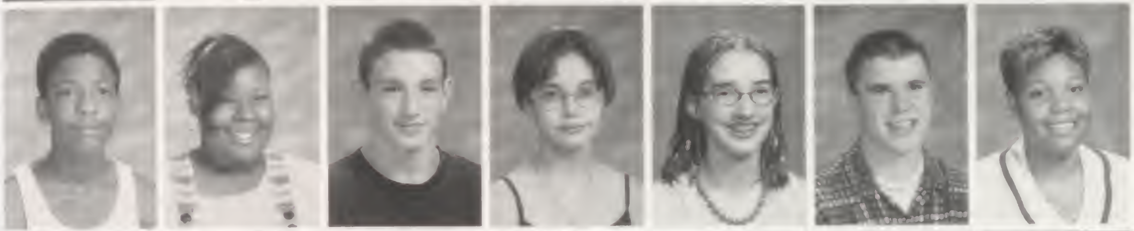
Lynnsey Farnsworth
Brent Farrell
Edwin Feldman
Jessi Fenton
Richard Fierro
Annamarie Filippelli
Daniel Fisher



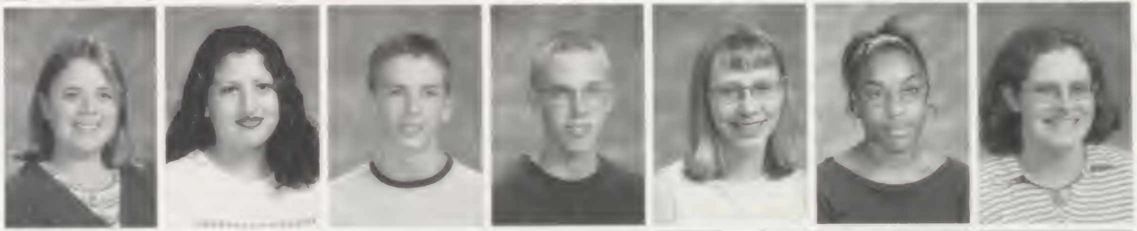
Thomas Fitzgerald
Kevin Fleming
Evan Fousek
Lacey Franklin
Kayla Froehle
Jeanna Frost
Shantelle Fry



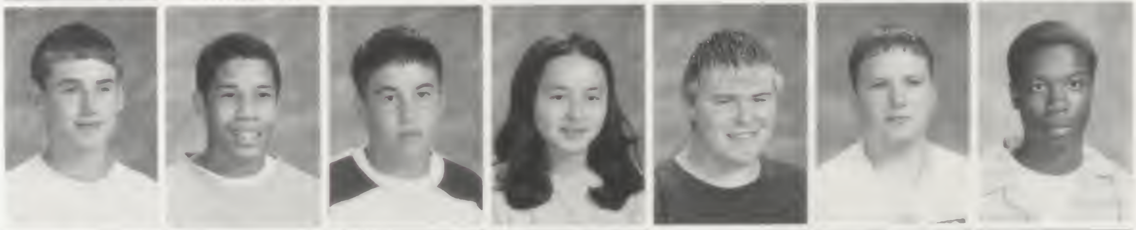
Sean Fuller
Rodger Gardner, Jr.
Matthew Garringer
Diana Gearhart
Seara Gering
Jermaine Gines
Gabriel Gonzalez



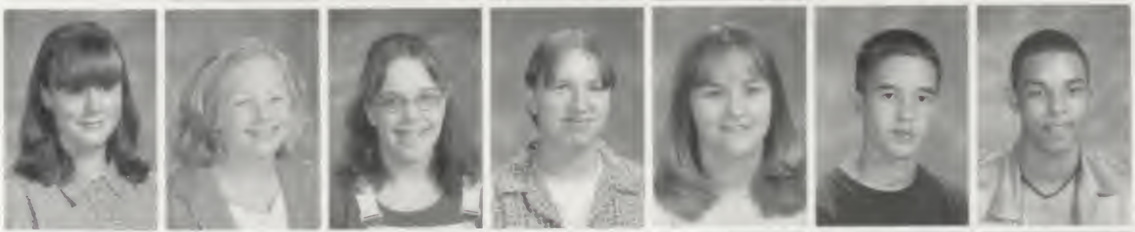
Tommy Gowdy
Hazel Grace
Glenn Graspy
Harmony Gregg
Nicole Grimes
Kristopher Grimm
Brittany Gross



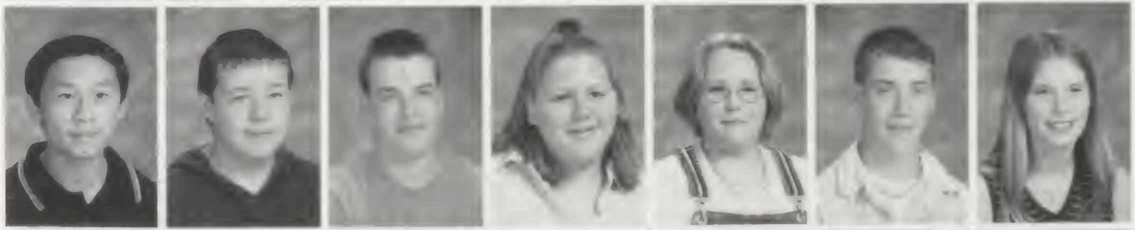
Andrea Grossman
Amanda Guerra
Christopher Guhl
Christopher Hanlin
Kirsten Hansen
Marie Hardy
Brenda Harnan



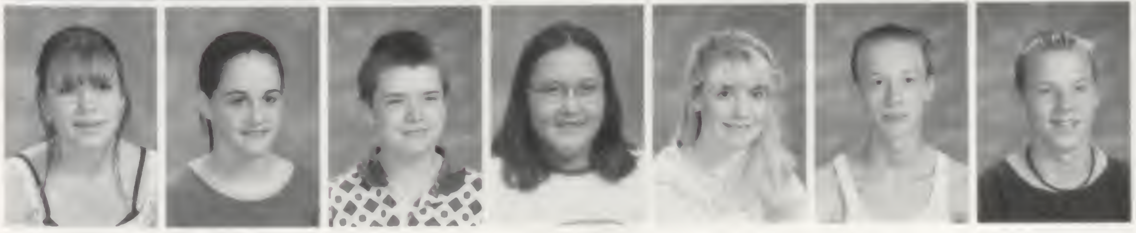
Christopher Harrier
Marvin Harris
Anthony Harvey
April Hatfield
Tyler Hauf
Jeff Haus
London Hayes



Ashley Heaberlin
Amber Heath
Molly Heggen
Rich Heimbaugh
Heather Held
Ryan Henkle
Sean Henry



Michael Her
Mark Hermosillo
Harley Hill
Heather Hill
Jennifer Hines
Kevin Hollingsworth
Andrea Horch



Sarah Horch
Lindsey Houchin
Matthew Howe
Kimberly Howell
Gina Hughes
Joshua Huss
Nicholas Ira

Eraina Jackson
Joesey Jackson
Andrew Jenkins
Tyler Jenkins
Whitney Jenkins
Brandon Jennings
Robin Jennings

Martha John
Ashley Johnson
Bradley Johnson
Joshua Johnson
Tim Johnson., Jr.
Jesse Johnston
Ashley L. Jones

Ashley Marie Jones
Leroy Jones
Trevor Jones
Heidi Kaldenberg
Adam Kalwishky
Christopher Kayser
Kami Kellis

Annabelle Kelly
Brinden Kelly
Jacqueline Kern
Sarah Kerns
Ashley King
Kyle King
Somwong Kitthikoune

Jennifer Knapp
Erin Korshun
Season Krause
Sarah Kuyrkendall
Christopher Larson
Kandi Latcham
Amber Lee

Benjamin Lee
Brittney Lee
Sharvar Lee
Bronson Leinen
Christy Lem
Paul Lester
Ashley Letze

Yolanda Lewis
Delise Lockett
Denise Lockett
Jamie Long
Jonathan Long
Orville Long
Jessie Lovan

Nina Lovan
Carol Loving
Stacey Madison
Amber Marlenee
Cory Martin
Jonnetta Martin
Sandra Mayes

Arthur Mc Aninch
Tyler McAninch
Kyle McCarl
Amanda McConnell
Michael McCourt
Jeremy McDaniel
Kevin McDonald

Jonathan McGarr
Rachael McGhghy
Michelle McKee
Zachary McLaughlin
Shelley McNeal
Larry McNeeley
Scott McVay

Katrina Mead
Lizeth Medina
Sara Michener
Lajaherae Mickens
Michael Mielke
Kari Mikesel
Craig Mikesell

Anthony Miller
Christine Miller
Delynn Miller
Michael Miller
Nicole Miller
David Minikis
Laquan Mitchell

Michael Mitchell
Megan Mohler
Morgan Mohler
Antonio Moore
Chris Moore
Sara Morlan
Barbara Morris

Melissa Mount
Brenda Muniz
Daniel Murphy
Benjamen Murray
Rorrian Nagy
John Neal III
Ryan Neer

Ryan Neff
Christina Nelson
Jenna Nelson
Christina Nickerson
Megan Niffenegger
Jamie Nixon
Kari Noble

Steven Noble, Jr.
Heather Noel
Amanda Ogg
Gilberto Olmos
Keenyn Orr
Robert Ousley-Lee
Kimberly Owens

Staci Owens
Amanda Palmer
David Palmer
Jennifer Palmer
Charlie Parcel
Amanda Parker
Joseph Parker

Nicholas Parker
Josh Parmenter
Shauna Pascoe
Carlos Patino
Nancy Paz
Cesar Perez
Nikita Person

Chelsea Petersen
Melissa Petersen
Austin Peterson
Renae Peterson
Ryan Pettinger
Kenny Phaydavong
Kenny Pilcher

David Piper
William Powell
Amanda Preston
Matthew Preston
Jessie Pridemore
Samantha Puffenbarger
Angela Puffett

Lindsay Quam
Courtney Quinn
Michael Randolph
Christopher Ratliff
Allison Rauh
Dustin Reed
Lauren Reed

Michael Reed
Stephanie Reed
Charles Reese
Yvonne Reid
Rochelle Remus
James Rendall
Lakiesha Renfro

Samantha Reuskens
Luis Reyes
Bryan Reynolds
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Teara Rice
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Katherine Ring
Beth Rissman
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Kristen Robinson
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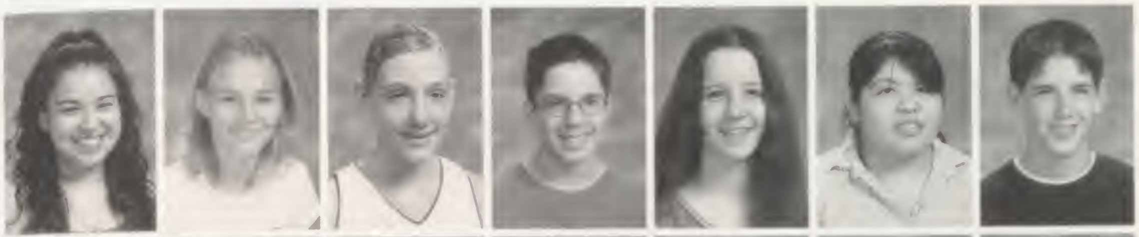
Nathaniel Roth
Mark Rothweiller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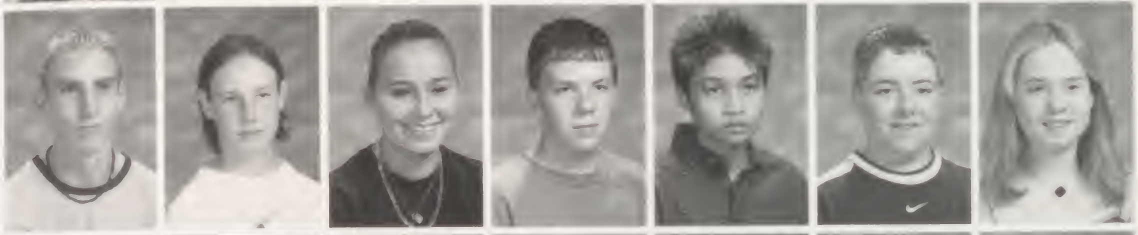
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Travis Secrest
Kevin Senephansiri
Robert Shackelford
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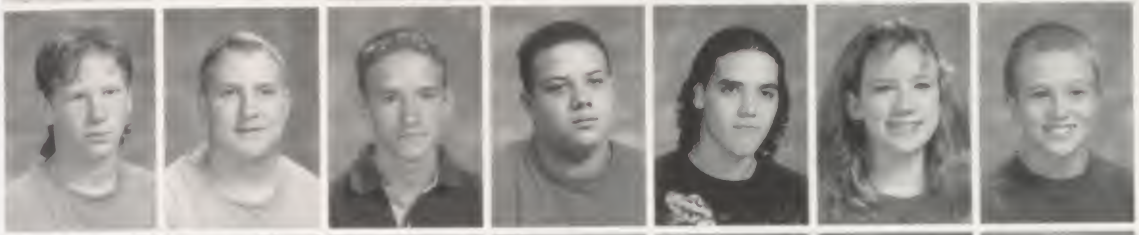
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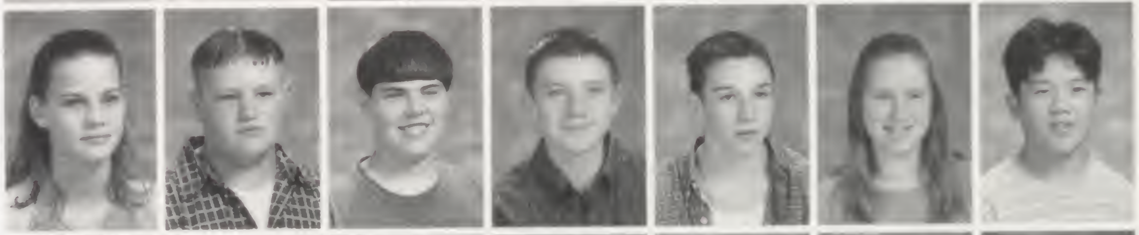
Jameson Shipley
Justin Sholley
Robert Sholley
Jolene Short
Dustin Slemp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Duncan Smith
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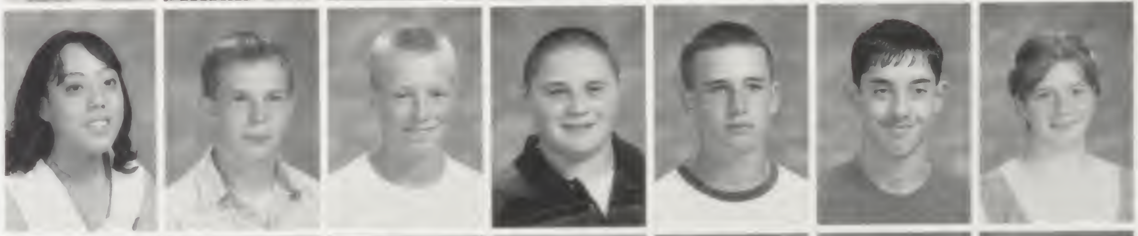
Martin Smith
Megan Smith
Robert Songkham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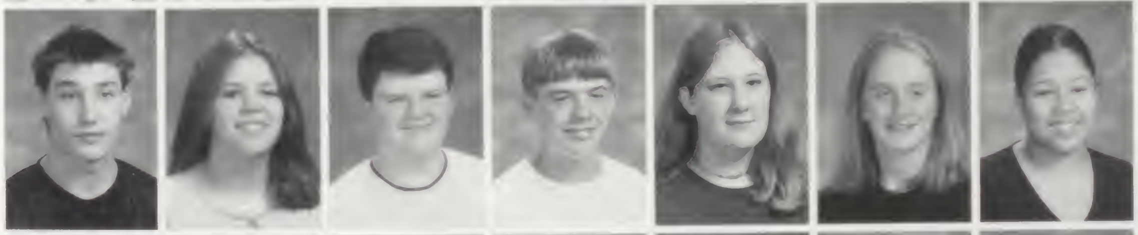
Rex Staley
Grant Stalker
Jonathon Stapes
Joshua Stephenson
Amanda Stevens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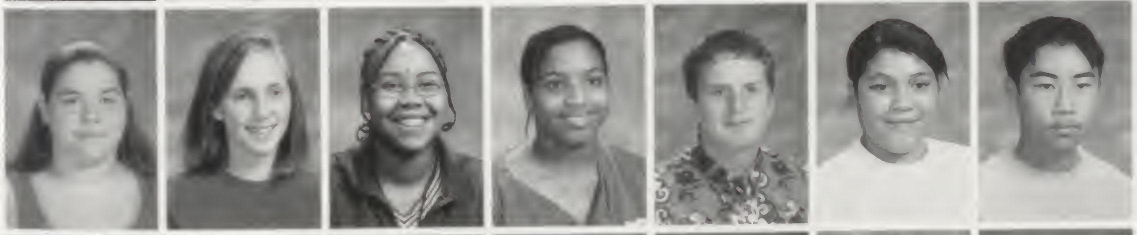
Savannah Stevenson
Trevor Stewart
Michael Stockbauer
Monica Stockbauer
Bobbie Stradley
Reeio Sumabat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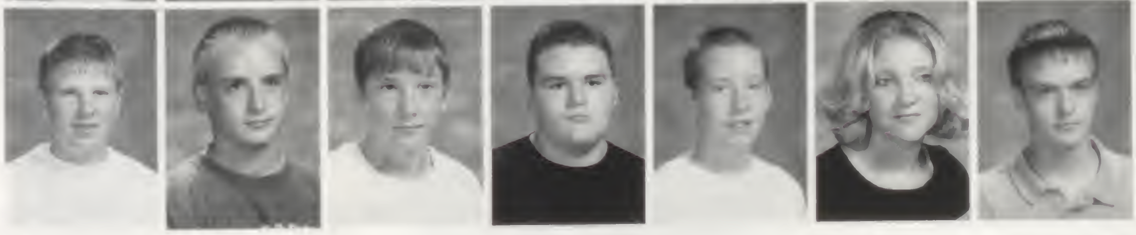
Nakechia Talton
Stephanie Talton
Gregory Tarr
Tiffany Taylor
Somneuk Thammathay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Andrew Todd

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Oudaphone Tran
Dianna Trehy
Capri Triplett
Marcella Turley
Kyle Turner
Eddie Van Deo

Benjamin Van Syoc
Bradley Vance
Ka Lia Vang
Andrew Vangundy
Krystal Vanweelden
Michael Vargas
Marcos Vasquez

Sayfha Viengvilayvong
Nilaphay Vorasith
Amanda Vuth
Felicia Wagner
Billy Walker
Justin Walker
Ronald Walker

Aaron Walske
Adam Walske
Stephen Waltz
Nicole Warner
Anthony Wasson
Joseph Watley
Dorman Weaver

Andrew Webber
Dustin Weber
Ashley Welding
Tia Wells
Stephanie Westrom
William Wicks
Monica Wieskamp

Darin Williams
Stephen Williams
Glen Wilson
Samantha Winebrenner
Alia Winterbottom
Ryan Wisnousky
Carla Woods

Adrena Woodyard
Christopher Wright
Desirai Wright
Domonique Wright
Fue Xiong
Aaron Young
Amber Zenor

Shelbie Zimmerman

Out of Sight

Adair, Brandon
Beerbower, Jesse
Bourdon, Robert
Boylan, Steven
Branyord, Steven
Brickles, Brian
Carstens, Jr., Jeffrey
Chediak, Elena
Crumble, Stephanie
Dol, Jal
Edwards, Jr., James
Farrell, Brent
Galvin, Petra
Gerstenberger, Ashley
Gilliam, Dustin
Givens, Justin
Gourd, Matthew
Jilek, Charles
Lenzley, Michael
Leonardi, Robert
Leverette, Jessica
Martin, Christina
Martin, Lucinda
Martinez, Alejandro
Mathews, Michael
Mit, Scott
Powell, Christina
Rogers, Jacob
Rutledge, Stephon
Schmidt, Ebony
Schulz, Adam
Senephansiri, Kevin
Sparks, Mary
Stafford, Jayseena
Staley, Rex
Stone, Tabatha
Teff, Jamie
Watley, Joseph
White, Johnny
Williams, Darin

"I didn't know how to prepare for day one. I heard many different rumors during the day." - Matt Brenton

THE INSIDE JOKE BOX

This box was put here specifically at the request of some of the survivors to remind them of some of the crazy things they did during the week that only they would understand.

Nike Time

Telephone BIKINI

Shout Out to James Blount

AJAX

2ND Floor

GOERGE DAVIS' JACKET

"At the first tribal council, people were talking about how they didn't want to vote anyone out. I'm sure some were genuine, but everyone said this to ease the emotions of the person who got voted out." - Andrew Greave

Photojournalist: Amy Preas.

"I think we should have a survivors reunion. I had so much fun and got to know some really neat people." Lindsey Hews

"We did more than just have fun, we went to Valley View Nursing Home and played games with the people, we helped with the beatuification project here at East too." Matt Evans

"The all around experience of it was great because I got to know a lot of people that I would never have gotten to know otherwise." Alison Lowe

"We had to get up at 6:45 a.m. and make the other team pancakes, bread and hot saussage. I'm not sure if what we made was good, but they ate it anyway. It was a lot of fun, I loved getting to know everyone." Lars Kruecke.

The Key To SURVIVAL

To survive: to remain alive or in existence. According to *Webster's New World Dictionary*, that is what 15 seniors and **Sharon Page** had to do for one whole week at East.

Although the Senior Survivors many not have had to fight for their lives, they had to live from Friday to Friday with each other, getting along while voting each other "off the island."

To enter into the contest students had to get an application and then be accepted. At first only 10 seniors were going to be chosen, but because of such a large response, 15 were actually able to do it. The cost was $200, and may seem a little on the expensive side for staying at school for a week; however, the top prize was $500 which went to **Matt Evans**, the second place winner which was **Mary Froehle** won $150 and the third prize was $50 and went to **Lindsey Hews**.

The 15 students were divided into two teams which chose names for each of them. For the first 5 days the Gnarly Bojangles and the Chawkta Peepwas were seperated, but by Tuesday night they were combined into one "tribe."

...by Debbie Montis

DES MOINES PUBLIC SCHOOL BOARD. **FRONT ROW: MARGARET BORGEN (VP), MARK SCHULING (P), SUPERINTENDENT ERIC WITHERSPOON. BACK ROW: JON NEIDERBACH, JANE HEIN, NADINE HOGATE, LARA SANDS, MARC WARD.**

EAST HIGH SCHOOL ADMINISTRATION.
(CLOCKWISE FROM UPPER LEFT)
PRINCIPAL JERRY STILWELL,
VICE PRINCIPAL ALEX HANNA,
VICE PRINCIPAL DONNA CHRISTENSEN,
VICE PRINCIPAL GARY ROURKE.

Polly Adam
Donna Adams
Paul Allen
Rhonda Anderson
Mindy Aronow
Linda Baker
Ben Baldus

Pat Bannon
Svetlana Baranova
Mary Barton
Linda Berg
Jeff Bock
Ron Borstad
Janet Boyd

Rollie Bramhall
Kathleen Brown
Judy Brownsberger
Jack Bryan
Ken Burgess
Tracy Burnham
Pat Bushong

Kacia Cain
Barb Callaghan-Mitchell
Bob Carmichael
Donna Christensen
Ted Christensen
Jane Christenson
Nancy Christy

FUTURE PLANS FOR SCHOOL

Writing in a planner may be something that some look forward to but the faculty and administration of East High are looking forward to a different sort of planning...the planning of how to spend the new 1% sales tax passed last year.

"I'm very excited about the planning," said vice principal **Gary Rourke.** "The more money for the school, the better the environment for learning."

So what is the money to be used for?

"It will be used for various repairs to the building, of course, and maybe some new equipment like computers and books," said vice principal **Alex Hanna**.

Another possible use for the tax money is the Memory Spiral Project, in its second year of development.

Many are excited about the long-awaited project.

"I'd really like to see it get off the ground soon," said Rourke. "The committee seems to have a lot of enthusiasm and I think it's a good idea."

While it may seem like all the good things are still on the horizon, this year was a smooth running one.

"We had a great year. We've had typical high school problems but no big problems (knocking on wood)," said Rourke.

"I thought the year got off to a great start," said principal **Jerry Stilwell**. "A great start should make for a great ending."

...by Holly Buch

Lonnie Clark
Marjorie Crawford
Karen Cross
Diane Crozier
Fannie Cunningham
George Davis
Sally Dehnert

Samy Elbaroudi
Elaine Ericson
Charity Fees
Laura Fefchak
Terrie Fenstermann
Darrin Fisher
Diane Fleming

Keri Frommelt
Ken Gaeth
Ruth Ann Gaines
Laurie Gaippe
Ann Ginther
Shirley Gooch
Jerry Goodrich

Lindsey Gordon
Tina Grove
Alexandra Guilamo
Julia Hagen
Jeff Hall
Michelle Hankins
Alex Hanna

Day Staff

Randy Fitch, **Daryl Jones**, **Lester Isley** and **Lolita Rushing** meet in the Student Center during a school day to discuss a problem.

The Work
Behind the Scenes

CUSTODIANS (Alphabetical). Steve Barnes (Chief Engineer), Randy Fitch (Chief Williams Stadium), Randy Gliem (2nd Assistant), David Griffiths, Joseph Heggen (Asst. Engineer), Lester Isley (1st Assistant), Daryl Jones, Chey Kheng (Pool Class 3), Joe Leo, Moem Ma, Paul Merrill, Rithiya Mom, Burle Pickett (Building Mgr.), Lolita Rushing, Richard Selsor, Yon Um.

At East, there are many important groups of people that make things function. Among them are teachers, counselors, cafeteria workers, secretaries and hall monitors.

One additional and somewhat hidden group of individuals works behind the scenes every day. Although what these people do is unexpected, people can practically expect the unexpected from the custodial staff at East.

"I think people tend to take the custodial staff for granted because of the lack of communication between the people at East," said custodian Burle Pickett. "It's more of a behind-the-scenes type of job and people don't always understand that."

No, it's not magic how every morning the floors are clean in the halls and classrooms and not a trace remains of the food eaten in the cafeteria the previous

Night Staff

Kathy Hansen
Nancy Hansen
Vern Hansen
Dena Harms
Linda Hart
Mark Hawkins
Cindy Hayes

Larry Hayes
Deann Hebert
Don Heese
Jolene Heim
Stacy Herrin
Patricia Hill
Ann Hoehle

Brian Hoff
Lynn Hoff
Patty Hoffman
Deb Hoksbergen
Nancy Holmes
Andy Howard
Daria Huang

Frederick Hunter
Mark Hurley
Jeffrey Jansen
Russ Junck
Mary Jane Kaldenberg
Ed Kelly
Kathryn Kunzman

day. It's also not magic how every time there is an assembly or game, the gym or auditorium is all set up so all people have to do is come in and play or perform. The amazing part is that's just the tip of the iceberg for East's custodial staff.

"A lot of the time, people don't typically think of the custodial staff taking care of the parking lots, the lawn and the stadium, but they do," said Pickett. "The custodians also take care of snow removal, cleaning the entire building in the summer while everyone else is on break, making repairs to the school and setting up, taking down and cleaning up the gym and auditorium for events."

So when walking down a clean hall, sitting at a clean table in the cafeteria, going past a locker without graffiti or acting in a play or show, remember that it is the custodial staff at East that has made school life a lot more pleasant.

...Cheri Fenton

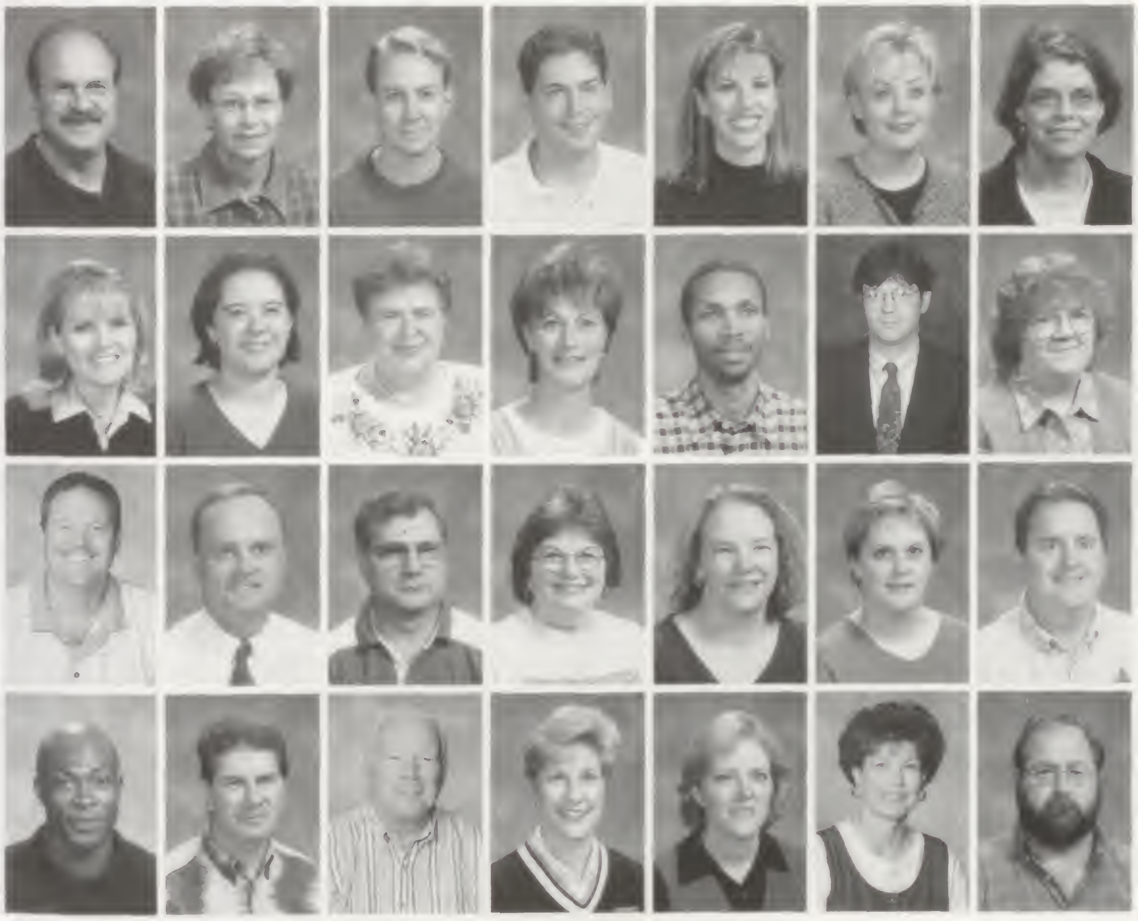
Moem Ma heads down the hall with a mop and a trash bin, one of the not-so-unusual things a custodian at East does.

did you know...

~~DURING~~ the time that the United States was creating the **atomic bomb** at the *Los Alamos Laboratory* in New Mexico, applicants for routine jobs like custodian were disqualified if they were literate. Illiteracy was a job requirement because the authorities didn't want their ***trash*** or other papers *read.*

~~ONE~~ of **Kurt Cobain's** jobs before becoming a full-time musician included being a custodian of his old school for **eight months.**

~Internet sources



Lowell Long
Carol Lortscher
Derek Lounsberry
Mike Lucht
Jennifer Luft
Judi Luther
Robbie Malm

Deborah Markert
Christina Martin
Marjorie Mayes
Maureen Mays
James McNear
Mike Miller
Betty Mills

Marty Mohler
Greg Morse
Don Murphy
Linda Nemmers
Debbie Neustadt
Kim Nitcher
Randy Nordaker

Franklin Nwanpka
Mike Nyman
Bill Oleson
Sharon Page
Deborah Peterson
Elaine Peterson
Butch Pickett

Cafe staff works hard daily to feed students well

...by Debbie Montis

Burrito day! Taco salad day! Chicken nugget day! Three personal lunch favorites of students.

The cafeteria staff provided students and teachers with a variety of lunch choices like those daily and serve everything from chicken nuggets to pizza to potatoes to taco salad to ice cream and Pringles.

However, do students realize how much work goes into the things that are eaten every day? Does anyone realize that the cafeteria staff gets to East and starts working around 6:30 in the morning?

As one of the cafeteria staff said, "You can't do this job unless you love it."

The cook, **Norma Toigo,** and two others get to East at around 6 a.m. and don't leave until 2. The manager and others arrive at around 6:30 a.m. and stay until 2:30 in the afternoon.

"Sometimes I get stuck here longer, but I'm the manager and that's my job," said **Delores Porter**.

The staff prepares about 1600 meals daily. Around 950 get "satellite" to Wallace, Willard and the Downtown elementary schools, and about 850 are made for here at East.

There are three sections, cook, salad and baker. Each department is responsible for the menu items for each day, there are cook, baker and salad.

Among the staff members are **Barbara White** and **Geneva Hanson**, who graduated from East. The cook Norma Toigo, has been at East for 36 years. Also, manager Delores Porter completed her 33rd year and retired this year.

Delores Porter
John Raymond
Claudia Richards
John Rudisill
Judy Rush
Scott Ryan
Annette Ryun

Linda Saddoris
D'an Sasseen
Al Schatz
Sharon Schatz
Carla Sears
Cindy Selden
Diane Sheil

Lawrence Smith
Vidal Spaine
Don Starcevich
Jerry Stilwell
Cindy Straight
Carolyn Strickler
Chuck Sutherland

Mike Teale
Stan Thompson
James Van Tuyl
Deb Van Velzen
Fred Vanderley
Allison Vanlier
Joyce Vickroy

Photojournalist: Jessie Bainter

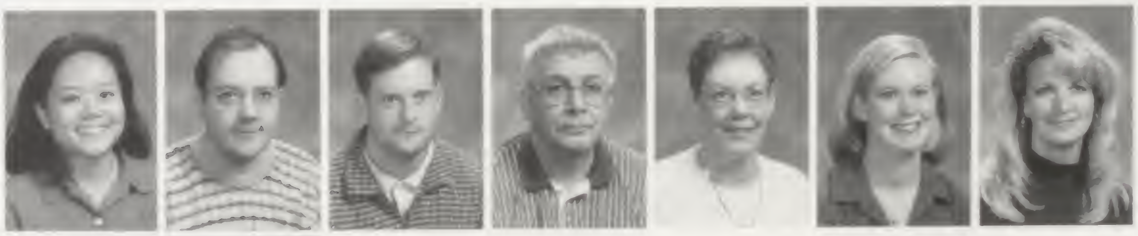
TO THE FAR LEFT, cafeteria manager *Delores Porter* reads off a list of duties to three of her staff members. At left, breakfast sandwiches and some donuts are ready for students to indulge in. Below, *Geneva Hanson* gets ready for the daily lunch rush.

What is your Favorite Food?

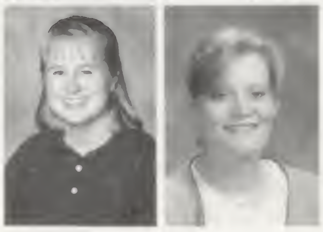
A poll was taken and this is what kids had to say

The 10 favorites of students were:

10. Chicken Nuggets
9. Cheese Quesadillas
8. Chocolate Chip Muffins
7. Cheeseburgers
6. Ice Cream
5. Nachos
4. Potatoes and Gravy
3. Pasta Bar
2. French Fries
1. Pizza



Somkong Vong
Greg Wall
Bill Waller
Jay Wand
Mary Westover
Stayce Westover
Krista Womble



Chaney Yeast
Angela Zugg

Staff Not Pictured

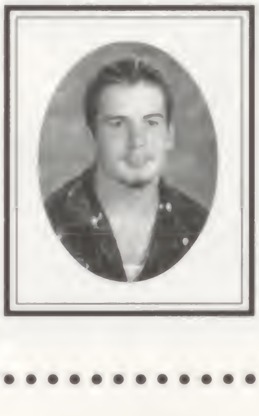
Chasity Brees
Dianna Carnahan
Cindy Crawford
Susan Lorence
Gary Rourke

3209 74944 59230 78164 0628...
The Party's Here!

Photojournalist: Melissa Khodai.

WHAT DO YOU LIKE ABOUT CLASS?

"I think the group discussions in English are interesting," said junior Kimberly McCallister.



"Welding in metal shop is fun," said sophomore Jacob Blanker.

ACADEMICS

WORK AND ACHIEVE

What do you expect from you classes? Go to school and hopefully get a good education. Some teachers have fun while helping you achieve this.

◗Math teachers **Robbie Malm** and **Dena Harms** give their students peppermints to eat during tests.

◗"It jump starts the thinking process," said Malm. " Vinegar works too, but they like the pepermints

◗Harms classes have "party" tests. She decorates her room and plays music. Then she hands out the tests or "party favors."

◗"Parties make the tests not so intimidating and ease up on anxiety," said Harms. "Any time I can make class fun to keep students interested, I do."

◗"I try to get students to think about things differently. We work with creativity and higher order thinking skills," said English teacher **Judy Rush**.

◗They also work on the development of self-knowledge.One example is an activity called Mandela. Students pick three colors to describe how they feel; then they draw their emotions and examine them.

◗Every teacher has a different teaching technique making every class a little different. The important part remains - it doesn't matter how it's taught, but what students get out of it.

...by Melissa Mills

"I like my Economics class because it gives me experience for the future," said junior Tracie Althouse.

"The hands-on of doing labs in my chemistry and biology classes makes them fun," said junior Charles Lozano.

"I like Ms. Martin's class because she's entertaining," said junior Michelle Olson.

"Playing trombone in jazz band is a release for me," said sophomore Dolora White.

log on 2 the quill @ 656n

A yearbook is something that students and alumni will look back on for years to come. Many people don't realize just how much work goes on in room 656N during period three every day.

The *Quill* staff consists of 11 girls and two boys, something unique to this journalism program.

"It's a mystery to me," said advisor **Ed Kelly**. "I have yet to figure out why such a great program fails to attract more of a variety of sexes."

To become involved in Quill, all staff writers received a letter their freshman year asking them to consider becoming a part of the Journalism I class. After a semester of hard work in "J1", the journalism class splits; half goes to *Scroll* and half goes to *Quill*.

"The *Quill* has a long term effect," said co-editor **Debbie Montis**. "People will look back on it for a long time to come. Most people just read the newspaper and throw it away, but the yearbook is made to last."

There is a lot of hurry and stress involved in producing a book full of memories every year. The process never ends.

"We started planning for the next yearbook right after this year's Montis. "The whole process starts over."

One of the many things the *Quill* staff has to put up with is, as funny as it may sound, their own mistakes.

"If a staff member doesn't get something done, the Editors have to pick up the slack and do it, along with whatever regular stories they are assigned to do," said co-editor **Heidi Bailey**. "It's not easy but it's something that we agreed to when we joined the staff."

The stress of deadlines in *Quill* added to the regular pressures of homework, school and jobs is enough to make anyone go crazy.

"The only way I keep up is because I get a lot of extra help from classmates," said junior **Joe Kephart.**

One of the advantages of being a member of the *Quill* staff, according to Bailey, is that you have control over the memories that go in the book.

"It's both a good and a bad thing," said Bailey. "We get to decide what to put in the yearbook, but we also have to be very careful about which memories we put in so we don't make anyone mad or leave anyone out."

Unlike most other classes, *Quill* is mostly student-run.

"The whole point of the journalism programs is for it to be the students'. They're not supposed to follow many rules," said Kelly.

"This year's Quill staff has a new and 'different perspective' than previous years," said senior *Jennifer Oliver*. "I am impressed by all of the talent."

...by Misty Stanton

Photojournalist: Quill Staff.

AT LEFT, SENIOR *Shawna McChurch* gives a seal a big wet kiss in K.C. The *Quill* staff always takes a trip to K.C. to see the yearbook being made. Below, the seniors show off a cover design they created with the help of an artist at the Herff-Jones plant. At middle left are senior editors *Debbie Montis* and *Heidi Bailey.*

Quill Staff 2001

Co-Editors:
Heidi Bailey
Debbie Montis

Sports Editor:
Joe Kephart

Organizations Editor:
Shawna McChurch

Student Life Editor:
Cheri Fenton

Academics Editor:
Melissa Mills

Design Editor:
Pon Thipyothin

Copy Editor:
Holly Buch

People Editor:
Kelly Welker

Staff: Brooke Nowadzky Jennifer Oliver Dan Williams

WWW.HERFF-JONES.COM

JUNIORS *JOE KEPHART* and *Pon Thipyothin* work on a layout design at upper right. Above, seniors *Kelly Welker, Debbie Montis, Heidi Bailey,* and alums *Phut Hoangvan* and *Josh Gerriet* take a stroll through the park in K.C. At left are seniors *Brooke Nowadzky, Jennifer Oliver,* and *Debbie Montis.*

that's how it's dun @ the scroll

Every three weeks a new issue of the Scroll was distributed throughout the school. Where did this paper come from? Who designed that catchy headline for Graeve's column? How did these people become the newspaper staff?

There are so many questions surrounding the production of the Scroll each year and not very many people actually know what goes on within the walls of the publications room.

"We've been really busy this year, especially because we had to change the entire program due to the new computers," said senior **Matt Breton**.

"It's like night and day," said publications advisor **Ed Kelly**. "First class equipment makes it so much easier than before. We were still prone to problems, but that's what computers do."

One major change that caught the attention of many of the students this year was the design.

"It was really slick looking," said senior **Misty Stanton**.

"The new design was nice and modern," said senior **Andrew Graeve**. "It was really up-to-date."

The editors and positions were decided on by the class. This year's editors-in-chief are seniors Graeve and **Erin Warren**.

"It was really frustrating and hard," said Graeve, "but it all pays off to see the paper when it comes out."

Other editorial positions were given to seniors **Andrea Cook**, Breton, **Melissa Khodai, Charles McFarland**, **Jason Williams**, **Adam Winn**, and juniors **Kati Bainter** and **Michele Warnock.**

Like many sports teams, the staff had to work together to produce the paper.

"We're like a melting pot of personalities," said Breton.

"There were so many different personality types on the staff," said Stanton, "and it was really cool to see a project come together that so many of us had worked on."

The staff, also like many sports teams, had a weird tradition that many people on and off the staff kept alive.

"Nate and BJ started the tradition before they graduated, and we kept it going strong," said Winn.

The tradition was to hit a sign that was posted on the wall by the door. The sign read "Look, Act, and Feel like a Champion" and it was posted as a reminder to have a good attitude.

"They had to force me to hit the sign last year, and they would," said Stanton, "but then I decided it was cool and I will make it continue forever, if I have to."

Many people hit this sign, even if they aren't on the Scroll staff. However, some staff members had mixed feelings on who should actually be allowed to hit the sign.

"I don't have a problem with the J1 [beginning journalism] kids hitting it," said Graeve. "I think we should start them off early doing the right thing."

"Anyone could hit it except J1 students because they weren't on a real staff," said Stanton. "I would have liked to have been able to send them to Pakistan where they would be tortured for three months for hitting the sign without permission."

...by Shawna McChurch

Photojournalist: Amy Preas.

SENIOR *MELISSA Khodai* and junior *Michele Warnock* (at left) work together to crop a photo. The two girls were photo editors for the staff. Below, members of the staff work on folding and assembling the paper before the delivery date.

USING ONE OF THE NEW computers, senior *Andrew Graeve* (below) looks over his latest masterpiece. At bottom, seniors *April Hiatt* and *Misty Stanton* gladly demonstrate the proper technique to use when hitting the "champion" sign.

WWW.DMREGISTER.COM

pix r taken & memories they're makin'

Ever wondered where the funny pictures in the Quill and Scroll came from? Well, wonder no longer. Photojournalism classes are responsible for the amazing action shots that are put in the yearbook.

"In 'Photoland' we have a lot of fun. We take pictures at various events and activities. We do all the developing, shooting and resizing. Just like a true photography company would," said senior **Jenny Golden.** "The best part is seeing how it's all put together as a finished product when the Quill comes out."

An elective, photojournalism is a type of advanced photo. Students who take it are required to have taken Photo I prior to the class.

"I have the students do this so I don't have to re-teach. I want to have kids who know what they're doing. That way, we can learn how to use new things and take great pictures," said teacher **Nancy Holmes.**

Life in 'Photoland' is not all work. The students go above and beyond what is expected for a normal class. Classes have contributed to many different charity events and raised money for various projects. A few were buying a window for habitat for humanity, donating to different "drives" (food, clothes, etc.) and helping out friends in need.

"One year we had a student who was in the hospital. She was very ill and we took some money out of the 'f-fund' and sent her a bouquet of balloons," said junior **Sarah Evans**.

Last Thanksgiving, Holmes received an e-mail about adopting a family. She brought the information to class and asked if it would be something they were interested in. The reply was unanimous; the next move was deciding what family they would adopt.

"We were offered the choice of two families. One was a single teen mother with a child and the other was a mother with two teenage boys," said senior **Dawn Ritchie**. "We couldn't choose between the two, so we took on both!"

For close to two weeks the students collected clothes, games and food, along with money they had saved earlier in the year from the "f-fund."

"During Lent we have what's called an f-fund. It's a jar that we set out, and during the several weeks of Lent the students are supposed to stop saying the 'F' word. If they do say it, they put a nickel in the jar," explained Holmes. "We got a quite a bit of money that way."

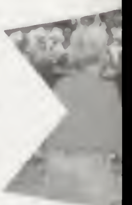
After the amazing amount of money was all collected, they took the money to the bank. Holmes then went shopping. She bought fruit baskets, canned food, boxed food, items for the baby, cookies, goodies, turkeys, anything the money could buy. The students in her photo class also pitched in by bringing in some of their favorite food items.

"We had Mac n' Cheese, pop tarts, cup cakes, everything. One kid actually brought in a whole turkey! Two gameboys were also donated to give to the teenage boys," said Holmes.

Needless to say, the donations were very much appreciated and the classes plan to do it again next year.

"Helping the families made me feel really good inside," said senior **Jesse Bainter**. "Like I was a better person. I'm really glad I got to help."

...by Stacy Knight



Photos by Photojournalism Staff.

HEY, CHECK THIS ONE OUT! Seniors Jessie Bainter and Jennifer Golden examine some shots they've taken in photojournalism. Searching for a special picture, junior Mindy Quaintance (below) goes through the negative index. The class does all the pictures for the year book.

Caught on Camera

Best of the Best: Photo Class Classics

Pie in the face: Mrs. Hagen

Senior Survivor: Matt Evans

Mardi Gras Party: French Club

thrs more behind the pix

"I always wanted to take this class and I'm glad I did," said sophomore **Amber Swacker**. Swacker is one of many students who took Photo I this year. The class is a semester long, and students learn about the fundamentals of photography and the keys to taking good, clear pictures.

"It's one of my favorite classes. I've always wanted to take a photography class," said sophomore **Adam Ezzio**.

Students enjoy the class even if they've never really been into photography.

"I think it's a good opportunity. It's good if you want to use photography in a career and a great stepping stone. I've never really thought of photography as being something that needed to be taught. I thought it was just about taking pictures, but I've learned it's much more than that," said sophomore **Michelle Brown**.

During class, students pair up with a partner and a camera to take turns shooting pictures in the hallways. They get to develop their own film, make their contacts, and then choose the pictures they want to print.

"It's a good class and it's a lot of fun. I've learned a lot and even if I don't end up being a photographer," said junior **Nick McNeely**, "I'm still satisfied with the experience."

Nancy Holmes teaches the photo classes in the north wing and the classroom is called as "Photo Land," Holmes never fails to wish students a "photo day" at the end of each class period.

"I think it's funny, but it just shows her love for photography," said McNeely.

Photo Class is a great place to capture inventive imaginations.

"I love teaching photography because I get to see the creativity my students possess and I get to be the one to offer them a class where they can have a creative outlook," said Holmes.

After students take Photo I, they have the decision to go on to Photo II, which is a more advanced class.

"I plan to go on to Photo II because photography is fun and easy and I love to take pictures," said sophomore **Stephanie Lowe**.

"We still walk around and take photos but we learn more techniques and have more darkroom time," said sophomore **Sara Neer**. "I'm glad I have the opportunity to go on with this class since it is one of my favorites."

Photo classes are electives and most students that sign up for them don't usually get in. There is only room for so many students.

"There is an average of 200 requests yearly. I'm happy there is such a demand, but I wish I could get more students into Advanced Photo like we used to. Kids are just eager to graduate early and they're missing out on more than they think," said Holmes.

Photo I and II teaches students the qualities that make a good photo.

"The pictures should have good composition, an interesting subject, good point of view, contrast in print, and most of all they should make the student proud," said Holmes.

The photo classes seem to be supported by enthusiasm from students, ensuring that they will be offered for years to come.

"I think we're lucky to be able to take such a fun and interesting class. I work hard and try not to take it for granted. Maybe when I have kids and they come here, they'll take photo class and get to print color photos with high tech equipment. That would be cool," said Lowe.

...by Holly Hedberg

SENIOR *MARY Froehle* goes through her folder in photo class. Each class has a set of color-coordinated folders to keep from losing anything important.

Photos by Photojournalism Staff.

KIDS POSE FOR PHOTO students during their Mardi Gras party in February (at left). Below, campus monitor *Brian Hoff* is photographed after getting pied in the face at the Homecoming Assembly.

WWW.CORBIS.COM

JUNIOR *KATRINA Bass*, at left, delights in being photographed during class. Students often took photos of each other during the first few weeks of photo class to practice their techniques.

a helpin' hand 4m grafic Rts

Helping out in every way that they can is what the Graphic Arts classes do best. From little projects for the office and for other schools to large projects like printing the school newspaper, the Graphic Arts classes work hard to lend a hand for their school and community.

"I like to get involved in school activities and I thought this would be a good way to do so," said senior **Robin Morris**.

"I really like this class because it is fun and it is hands-on. We don't just have to sit in a desk and work from a book," said sophomore **Dianna Phomvisay**.

In the Graphics 1 class, which was taken for one semester, you learn the basics and fundamentals. When you pass that and want to continue with the course, you can move on to Graphics 2.

"I plan on going into Graphic Arts at DMACC after high school and getting a good job in something that I like to do," said Morris, "I like working with computers, drawing and designing things."

Tasks taken on by the advanced classes include printing the school newspaper, designing and printing the ads for the Scroll and designing and printing the programs and tickets for all the school dances.

"We print the newspaper and commencement announcements along with our other important projects on the big press, " said senior **Melissa McAleavy**.

There are two presses in the Graphic Arts room. The big press is used for large projects like newspaper and dance tickets. The smaller press is used for smaller projects that the Graphics 1 classes have done.

"The presses that we have were put in when Richard Nixon was president. We will be receiving new ones by time that this year's yearbook comes out in the spring. They will be two color head presses which will allow us to print with more that one color," said teacher **Jeff Bock**. "Getting the new presses is something that we are looking forward to."

As a class project the Graphics 1 class made a "Class Book". It included pictures of the students and information about each one of them.

"Although our class books was a class project, we worked on them individually," said Phomvisay.

"Each semester, each class period made their own class books and were distributed to each of the students in the class," said Bock, "Unlike this project, projects at the beginning of the semester were strictly for the individual student."

...by Jennifer Oliver

Photojournalist: Stuart Dalrymple.

TO THE LEFT, junior *Michelle Denning* sits at the computer planning her design. Computers are a key factor in the Graphic Arts class. Below, senior *Ryan Schuler* works on one of his assignments for class. This was one of many assignments that the students had to complete for the course.

WORKING WITH ONE OF THE presses in room 655N is senior *Matt Blanker*, below. Students learned the proper way to work with the machines. Far below, a Graphic Arts student works on part of the newspaper production. The Scroll is printed by the students in Graphic Arts.

WWW.GRAPHICS.COM

Art and Design
DANGER
HIGH VOLTAGE
Do N

WWW.ART.COM

HMMM...I THINK I LIKE it!! Sophomore *Ashley Harding* checks her work to see if it meets with her high personal standards.

Photojournalist: Amy Preas.

CAREFULLY EXAMINING THE work of sophomore *Leonardo Romero*, art teacher *Shirley Gooch* critiques his work-in-progress. This project was one of the many students enjoyed.

CONCENTRATION IS THE KEY! Sophomores *Steve Glick* and *Justin Cason* focus on the task at hand and work on mastering their skills for art class.

xpress urself n art

‘‘I hope that art class will open up a door to a career in art for the students,” said art teacher **Shirley Gooch**.

Every year a ton of students flock to the art classes, and this year is no exception. This year Gooch has three Art I classes in a row.

“It’s great to see so many students taking an interest in art,” said Gooch.

According to Gooch, every project is a major one. Everything they do takes a considerable amount of time. The students are required to have at least, one hour worth of drawings in their sketchbook every week as their homework.

In class, students do self-portraits using either a picture or a mirror, and use different drawing materials. They also paint and sketch pictures.

“The projects are pretty cool, but the ones that the Advanced Art kids get to do look like they would be more fun,” said sophomore **Justin Bales**.

Also, this year some of the Advanced Art students took a “renaissance trip” to Italy over Spring Break.

“I was looking forward to this trip, and I thought it would be a good learning experience for the kids,” said Gooch.

Last year students from the Advanced Art class took a trip to New Zealand and Australia to study Aborigine art. The Aborigines were the original people of New Zealand.

“I really enjoyed learning about the culture and about how the people act. The kangaroo was tasty, too,” said junior **Amanda Grossman**.

With all the activities there, who wouldn’t want to get involved? The art department predicts that interest will still be going strong in coming years.

Fun Fact

The Aborigines finally got the right to vote in the 1960’s

...by Brooke Nowadzky

mrktg sales -insert ad here-

Many classes offered at East prepare students for their future. One such class is Marketing Sales.

"It's probably one of the most realistic classroom experiences the school has to offer," said teacher **Nancy Hansen**. "The students become real salespeople, they carry a real, enforceable contract and they sell in the real business world. It's great preparation for the future."

The class consists of selling ads to be put in the Quill, but before students are allowed to do this, they must first learn the 7 Sales Steps and Techniques for selling advertisements.

"You have to learn the sales techniques and how to sell and pass the tests before you can actually do any selling," said junior **Merry Kouang**.

After learning the sales techniques, and with parental permission, students can then leave campus and sell to the community.

Junior **Vincent Gregory** said, "Getting out of class is a big part of the class."

"My favorite thing about the class is probably going out, selling and meeting East alums," said Kouang.

East alums, Hansen says, are a major target for sales.

"A lot of the time, alums will buy an ad as a sort of donation or just to get a yearbook," said Hansen. "If someone buys a full page ad ($225) then they get a free yearbook."

Marketing Sales class sells advertisements in the Quill to make up for the $15 that is taken off of the cost of a yearbook when students buy Student Activity Tickets (SAT).

"By selling yearbook ads you get to do something for East while getting experience," said Kouang.

And experience is one of the main reasons students take Marketing Sales class.

"The class definitely gives you early market experience; real experience," said Gregory.

"In the class you get to use what you learn in real life situations and it gives you a chance to get out into the real world," said Kouang.

Hansen says that is exactly what the class is for.

"The purpose of the class is for kids to get out, get experience, to develop an understanding of marketing concepts and a personal sales attitude," she said.

This experience and knowledge may help students make decisions about their futures.

"This is definitely something I'll probably do in the future," said Gregory.

"After taking the class, this is something would I plan on doing," said Kouang. "I think I might plan a major in sales."

...by Holly Buch

aT RIGHT, JUNIORS TIA THOMAS and *Kerry Bloomquist* use a map to scope out possible businesses and, above, they meet with a representative from Copy Systems. Many businesses that buy ads support East every year.

Photojournalist: Michele Warnock.

SEVEN SALES STEPS AND TECHNIQUES FOR AD SALES

STEP 1~THE PREAPPROACH

STEP 2~THE APPROACH

STEP 3~DETERMINE CUSTOMER NEEDS AND WANTS

STEP 4~MAKE A FEATURE-BENEFIT PRESENTATION

STEP 5~HANDLING CUSTOMER OBJECTIONS

STEP 6~CLOSING THE SALE

STEP 7~SUGGESTION SELLING & REASSURANCE

WWW.SELL.ORG

DECEMBER 2000

ON THE PHONE, JUNIORS *Vincent Gregory* and *Merry Kouang* try to sell advertisement space. Each year, students sell over $20,000 in yearbook ad space to community businesses and school-related organizations.

prepare 4 work in the real world

Learning about the business world can be a complicated thing. That's why there are a variety of business classes offered to students. Some include economics, computer programming and application classes.

"I like my computer application class because it's very helpful," said senior **Wendy Mehl**, "It'll be extremely helpful to me if I decide to take some kind of office job."

In computer application class students learn basic computer skills that will be needed in the future. However, with fast growing technology it is sometimes hard to keep up with the latest computer programs.

"We're constantly trying to get caught up and stay ahead of students because there are so many new programs that are coming out so fast. We have students who are more knowledgeable than us about a lot of these types of things," said accounting and computer applications teacher **Ken Burgess**.

"You get to work with different computer programs which you will need to know about for a lot of jobs that you might get," said freshman **Alison Rauh**.

Another class offered (and required), is economics, a class for juniors or seniors.

Senior **Adam Warner** said, "I like economics because we get to learn how to run a business. We also get hands-on training and the students run the class."

"I like to teach economics because I like to see kids' faces when they finally get something I'm talking about," said economics teacher **Samy El-Baroudi**. "I also love it when students come back and talk to me about how much these courses helped them with college and the careers they get into."

In accounting classes students learn the basics about analyzing, documentation of business, checkbook keeping and the different types of terminology used.

"During the second semester, we do more things with technology. We still do a lot of things manually. In the accounting classes, however, when we're able to do more with the computers it really benefits the kids," said Burgess.

"Accounting helps you prepare for what life will be like in the business world," said senior **Angie Davies**.

With no telling what the future of business will be like, all of these classes offer different and unique ways to teach about the world.

"The business world is always changing and will be totally different in five to ten years," said Burgess.

...by Debbie Montis

TEACHER *MARY JANE Kaldenberg*, at right, types in scores and figures grades for her business career and word processing classes. Below, students listen intently to a guest speaker in *Samy El-Baroudi's* economics class.

Photojournalist: Sarah Evans.

WWW.BUSINESS.YAHOO

SENIOR *EMILY HAINES*, BELOW, listens in her economics class. In that class students learn the basics of world and national economics. Far below, economics teacher *Samy El-Baroudi* lectures his class, "I always try to make it interesting," said El-Baroudi.

games & fun help @ learning

People take foreign language classes for many reasons. Some because colleges require it, some because they want to learn a new language and still more because they just signed up for it.

"I thought it would be useful, besides that you need to have two years for college," said freshman **Andrew Van Gundy**. "I hope to continue learning Spanish after my second year, but I'm not sure what will happen."

Once a person has started taking a foreign language, they stay with it for different reasons.

"I like the way it sounds, and I would also like to go to France some day," said junior French student **Katie Freel**.

"The class has proved to be helpful and fun," said Van Gundy.

Each class has unique and various way of doing things, foreign language classes also get more of a chance to do new and different activities.

"In my class I use various games for learning, things like board races, a game called baseball to work on vocabulary, pictionary and some others," said Spanish I and II teacher **Charity Fees**. "I would love to make traditional food items, but the ban on homemade food in the class makes it very hard."

Who can forget the holidays though? Spanish and French holidays are celebrated in the classrooms, ones like Cinco de Mayo, El dia de muerto and Dia de la Independcia. The French class sponsered the Flamenco dancers in October, with the help of the Spanish classes, but the event was run mostly by the French classes.

...by Debbie Montis

CAN YOU TRANSLATE?

1. Que Tal?
2. Donde esta mi mama
3. Mas vale tarde que nunca!
4. Tu t'appelle comment?
5. Je m'appelle ___.
6. J'aime manger le poisson.

1. What's up?
2. Where is my mommy?
3. Better late than never.
4. What is your name?
5. My name is___.
6. I like to eat the fish.

STUDENTS SHOW their pinatas. Teacher *Charity Fees'* classes worked on making and breaking them second semester.

Photojournalists: Stuart Dalrymple & Sarah Evens.

WWW.FURMEN.EDU.HTML

DURING OCTOBER, French classes hosted Flamenco dancers, schools from the area were invited. Students paid $7 - $17 to see the performances.

TO THE FAR LEFT, students look to each other for help. Many of the Spanish classes did group work and class work together to help learning. At left, students quietly work on a test or quiz.

STANDING WITH SENIOR *Kenny Paulding*, the Homecoming King, Kruecke congratulates him on winning the crown. Kruecke was also a candidate for the position.

-Junior-

Simon Lange

-Senior-

Lars Kruecke

ENJOYING THE NIGHT, Lange, his date, and two of his friends took some time from dancing to pose for this picture. Lange was a member of the Jazz Band this year.

Photojournalist: Photo Dept.

HELPING ONE OF HIS CLASSMATES, Lange shows junior *Lindsay Steele* how to do an assignment. Lange said that he thought East was a good school and he was happy he the chance to experience it.

Foreign Faces

Joining the family at East were two new faces and both of them were from Germany. Senior **Lars Kruecke** and junior **Simon Lange** were the foreign exchange students for this year.

Why would someone want to leave their home to go to school in another country?

Both of these young men had similar motives. Kruecke wanted "to learn English… to learn about another culture and to improve my speed skating." Lange also wanted to improve his English and learn more about a different culture, but he also wanted to meet people and he thought that the experience would be worth a lot.

For both, this isn't their first trip to America.

"When I was young I came with my dad a couple of times for two weeks and once with my whole family when I was real young," said Kruecke.

"I went to Florida once in '92 or '93," said Lange. "We went to Disney World, Cape Canaveral, and all that kind of stuff."

Although these two seem to have a lot in common, they are separate people with separate lives and opinions.

Kruecke's family here consisted of himself and a father.

"It's opposite of my real family," he said. "I have a big family with 2 brothers and 2 sisters. There is always action at home."

Kruecke said that he hopes to go to the Olympics some day for his skating and maybe even be a pilot.

Lange stayed with the family of sophomore **Jared** and senior **Andrew Graeve**.

"They have an extended family and so they do a lot of family activities," he said. "They're also religious, which my family in Germany isn't."

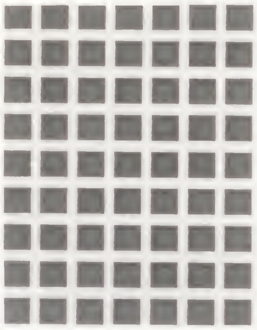
Lange said that he would like to come back to America sometime and maybe even attend a college here. He said he doesn't know what "direction or profession" he wants to follow, but that he'll probably spend a year doing social work or join the army after he finishes school in two years.

…by Shawna McChurch

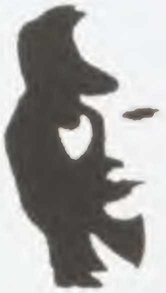
KRUECKE WAS ONE OF twelve seniors chosen to participate in the first ever "Senior Survivor". Wearing his survivor shirt, Kruecke plays diabolo, a game that he says is like juggling.

OPTICAL ILLUSIONS

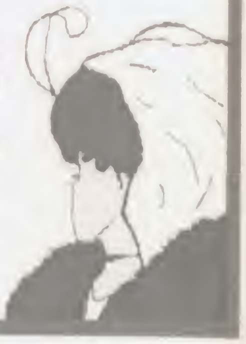
When you first look at this illusion, does there appear to be fuzz where the white lines intersect?



What is going on here? Is this a man playing a sax, or something more?



This is probably the most famous illusion of all time! Do you see a young lady or an old woman? They are both there!



IN PSYCHOLOGY, students discuss mental behavior and emotional processes. Junior *Vincent Gregory* and senior *Katie Hull* get in on the action.

Photos by Photojournalism staff.

u never know what you'll find when u explore ur mind

WWW.PSYCHOLOGY.ORG

SENIORS *DAWN Ritchie* and *Lindsey Carr* use time in the library to study for their sociology class. Sociology is the study of human society and social relations.

Sophomore **Jessica Dyer** sat in the counseling office picking courses for her schedule next year. She came across two classes entitled "sociology" and "psychology" and wondered why on earth a class to help the mentally ill would be offered at East. Fortunately, she found that the class is merely a study of human behavior.

For students like Dyer, the psychology/sociology class is often a mysterious and unknown course.

Sociology is the study of human society and social relations and is taken first semester. Psychology is taken the following semester and is the science of mental and emotional processes, or how the individual brain works.

Junior **Jeni Grochala** feels the class has a lot to offer.

"We do a lot of experiments and watch videos. The real intellectual part of the class comes from understanding the labs that we do. We can relate our experiences to how the majority of people think."

The "labs" Grochala refers to include sensory tests. By eliminating certain senses, students are asked to describe objects based on the remaining senses. It forces the brain to operate in different ways.

Junior **Kristin West** said that even though the videos are sometimes hard to follow, the experiments are very thought-provoking.

"Sometimes we'll have to guess what we're eating with our noses plugged, find pressure points, and do those optical illusions that make your brain work backwards. It's actually kind of cool to see how you can make your brain work in so many different ways, and that we all pretty much think the same," said West.

First came Freud, then came Frasier. Now, the future of psychology lies in the hands and minds of the students in 201E.

...by Chelsea Pickett

JUNIOR *RODNEY Stockbauer* and senior *Adam Townsend* get busy to tackle an assignment in teacher *Fred Vanderley's* room.

family values 4 l8r life

Do you think you know everything there is to know about being an adult? Those of you who said yes, probably have taken the Family and Consumer Science class known as Adult Living.

This class is primarily offered to juniors and seniors (but all grades may enter), and it is only taught second semester.

"We cover a lot of material that will help students in later life," said teacher **Laurel Gaippe**. "Hopefully the information will stick with them."

Some of the topics the class goes over are: setting a budget, employment (how to get it and maintain it), personal safety, clothing care, housing (owning, renting and buying insurance) and consumer decisions. There is even a cooking unit on basic kitchen skills.

"I liked the class a lot. It was a lot of fun and I know it will help me in the future," said senior **Nicki Houchin**.

When students think of their future plans and adulthood, most will see children as a part of it. A suggested course to take would be Child Development.

"At first, I didn't want to be in the class, but now I am glad I stayed in it because it is a lot of fun and I learned a lot," said sophomore **Megan Allison**.

In Child Development students learn the stages of development in children. They also get to interact with children of varying ages. Students get to bring children into the class on special days, during special units. Students also plan and teach lessons to preschool children on certain Fridays.

"It was a good learning experience when the kids came in. We were actually doing hands-on work rather than just learning from a book," said Allison.

Students, if they choose to, can even simulate being pregnant by wearing the Empathy Belly.

"It was really hard wearing that thing. It hurt my back going up and down the stairs. I had no idea it would be so hard," said freshman **Brittney Lee**.

"The students thought that the belly made them look terrible and awkward, but I think it develops an awareness about teenage pregnancy," said teacher **Deann Hebert**.

The entire class actually has babies...potato babies. Students are given the task to create a baby out of a potato. They must make hair and dress their potato according to the personality assigned by the teacher. The students then carry their "child" around to all their classes, and if they are caught without it their grade drops.

"I think it's a good idea to have the baby project. Of course they aren't as demanding as real babies, but I think it helps develop a sense of responsibility," said Allison.

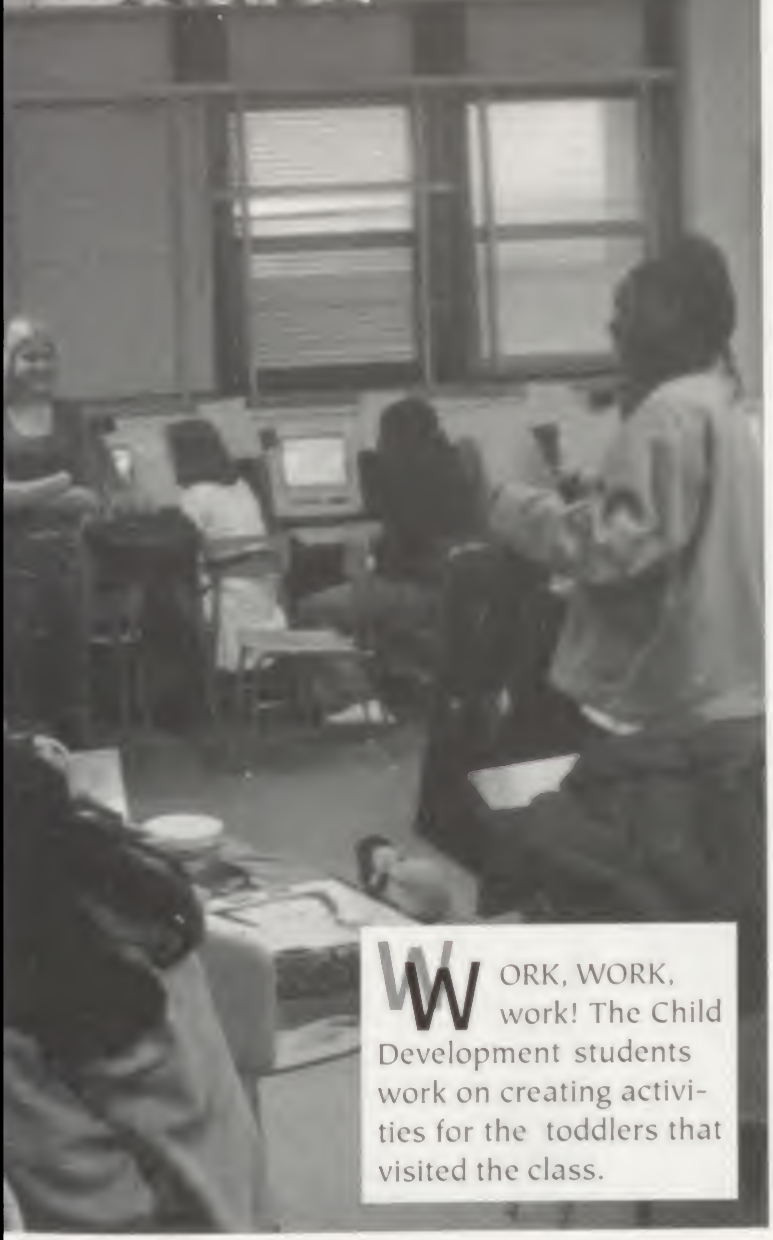
According to many that have taken the class, it is well worth the time.

...by Brooke Nowadzky

Photojournalist: Stuart Dalrymple.

WWW.CHILDREN.COM

WHICH BOOK SHOULD we choose? Freshmen *Brittney Lee*, *Denise Lockett* and sophomore *Kelli Irvin* choose books to read to the toddlers on the special day.



WORK, WORK, work! The Child Development students work on creating activities for the toddlers that visited the class.

FEELING LIKE A KID AGAIN! When preparing for the toddlers, students needed to get into the right frame of mind. Freshman *Amy Cunningham* (below) enjoys having a story read to her by sophomore *Kelli Irvin*.

TODDLERS--THE 3R'S
Respect
Routine

TAKING A LITTLE BREAK from the mob of students asking her for help, teacher *Deann Hebert* poses for a quick picture.

living life n the real world...

As you walk down the basement hallway, do you ever encounter cooking smells?

Well, that would be the classes of **Deann Hebert** and **Laurie Gaippe.**

"Some good things about the foods class is that you get to cook foods that would probably never be made in the house," said senior **James Swacker**. According to students, trying the new foods is a plus, too.

"In fashion and sewing you get to make clothes that you can wear or maybe even sell for big money," said senior **Marie Kern**.

These classes are meant to help students get ready for life in the real world.

"I like working with the students on projects and helping them make things that they will use all their lives," said fashions and sewing teacher Hebert.

"Nutrition and consumer foods are very practical life skills and will be very helpful in any future life to come," said foods teacher Gaippe.

"I think that fashion is a really good class to take if you want to go into the fashion world, and it's even a fun class if you just want something interesting to do," said Kern.

What do some of the girls and guys think of the teachers that teach these classes?

"All the teachers for these classes are very nice and are willing to help so that we can have a good future," said junior **Tracy Cooper**.

"I think that sewing class is fun' cause we get to pick what we want to make and take as much time on it as we need," said senior **Tia Thomas.**

...by Jackie Chaffee

THIS STUDENT, THRILLED *to be at school, shows off the work that she has done on her shirt.*

ABOVE SENIOR *JORDAN Hutchinson* and his crew work together to get things cleaned up. To the right, Teacher *Laurie Gaippe* talks to her students as they clean up.

Photojournalist: James Avon.

What was the best thing about Family/Consumer Science?

"The best thing was being able to make our own designs, and to be able to show are skills," said, junior Tracy Cooper.

"I like being the teacher because I get to help the students and help with career opportunities," said teacher Deann Hebert.

"The thing that I like the most is being able to teach because I really like the students," said, teacher Laurie Gaippe.

"I think that the best thing is being able to work at our own pace and being an independent," said, senior Tia Thomas.

SENIOR *FRANCIA GOMEZ* takes her time while she cuts out the pattern for her project. The student at the bottom is working hard to make sure that her stiches come out just right.

WWW.BETTERHOMESANDGARDEN.COM

fAR RIGHT, SOPHOmore *Eric Leonos* is backfilling with cement to make the wall stronger. At near right, sophomore *Brian Schulz* discusses the floor design with classmates.

aBOVE, SENIOR *TOM Sawhill* and sophomores *Brian Schulz* and *Eric Leonos* take time off from all the hard work. They are looking rather smug standing on a floor they just built.

Photojournalist: Jesse Bainter.

learning @ the site

WWW.NWBUILDNET.COM

Who would of thought that a high school student could be part of a project to sell an actual house for up to $90,000? With Home Remodeling, it's possible.

"I've always wanted to take a class like this since I was in elementary school. I'm glad that others also get to experience it, not just myself," said sophomore **Brian Schulz**.

"I'm familiar with things that we do in this class because I have a part-time job working at a hardware store," said senior **Adam Cooper**.

There are two classes of Home Remodeling. There is one class of six kids in the morning and one class of six kids in the afternoon.

The first group of kids get to school, go down to the shop class, where they climb up into the van and drive to the sight for another day's hard work.

When the first group get back right at the end of 3rd hour the second group of kids is already there waiting to hop in the van and take over from where the first group left off. The second group goes during fourth, fifth and sixth hours. The class does all of the work involved in building a house.

"We started a new house this year, from the bottom up. The only thing that we don't do is use the bobcat. My favorite thing about this class is getting dirty. When your getting dirty you know you're having fun," said senior **Chuck McFarland**.

Things don't always go the way the students and teachers want them to. For example this year they lost at least one week's worth of work due to snow and cancelled school.

"All we were able to do in December was shovel snow off of the decks," said McFarland.

"The class is all hard physical work. I like it so much because this is like teaching myself how to build my own house when I get older. That will save me a lot of money," said Schulz.

...by Justin Constable

TO THE LEFT, THE GUYS ARE framing a wall for a room in the basement. They have approximately a year or two before the house will be completed.

tO THE RIGHT, SOPHOMORE MARCUS Nece and senior John Knox work at an electrical station. They learn how to do basic wiring for houses. To the right of that, with safety gogles and a steady hand senior John Tulk carefully cuts plywood on the cutting table.

aBOVE, SENIORS JOHN HOUSLEY AND Joe Torrans pull slabs of wood out of the wood room. To the right, junior Troy Parsons diligentley works at the robotics station. Students practice making computer programs to make robots perform different functions.

Photojournalist: Mindy Quaintance.

wood & tech. bond w/math

Computers are a big part of our society today, and it's becoming very evident in Des Moines schools. Computers have made wood, drafting and technology today very different courses than they would have been only a decade ago.

This year there have been many technological improvements in these classes. Drafting and wood both obtained a CNC (computer numerical control), a machine that uses computer software to produce programs that can do almost anything.

"It's a computer-controlled router that drills, cuts and shapes wood," said teacher **Jeff Hall**. "It's a good experience for students who plan to make a career of this work because this machine is often used in most industrial work. It isn't just cutting wood, you have to use mathematics knowledge to make the programs needed."

Hall invisions this being integrated into his already established levels of classes. The freshmen start with simple woodworking and make a jewelry box. The sophomores in Wood I make cabinets, nightstands and learn different ways of joining wood, while Wood II students do lathe turning.

Juniors will use the CNC to write programs to do things such as cut names, and seniors will be able to write programs to construct projects.

The projects range from grandfather clocks and gun cabinets to things as small as pens. These aren't just for a grade, though, they serve practical purposes for their crafters.

"By making my gun cabinet it cost me one third of what it would to buy it. I know it's better quality than anything I could buy and it's designed just the way I want it," said senior **Scott Burk**.

"I think its really cool to get credit in a class for making pens, and then making money off them when I sell them," said senior **Kevin Lundberg**

Another class that does projects that prepare students for future occupations is Technology Today. The big improvement this year was the addition of new computers. In this class, computers are used for everything from aerodynamics, automotive manufacturing and computer animation to computerized printing and computer welding.

This class includes understanding and applying both math and science skills. These skills are used to learn how the shape and size of an object affects air, constructing various airfoils, practicing problem solving, understanding electronic systems and building digital circuits. Most of the science is exercised in understanding lasers and fiber optics.

...by Melissa Mills

WWW.ROBOTICS.COM

providing useful skills

First, heat the metal until it's moldable, then form it and grind it to a point, harden it and… VOILA! a cold chisel. This is a new project that Jeffrey Janson, first year metal teacher, has brought to his class.

He transferred here from Meredith middle school where he taught industrial arts for ten years.

"It's more fun teaching at the high school level because the students are a little more disciplined, and you can accomplish more with them," said Janson.

Janson's students work mostly with sheet metal and welding. Some of the fundamentals they learn are arc and gas welding, which is used to strengthen joints. They also lathe metal in projects like making cold chisels.

"Janson has a lot of knowledge to share with his students," said auto teacher Russel Junck. "He is very skilled and has a lot of experience."

This year Janson and Junck are also getting their students more involved with how they will make future career choices with the skills from these classes. Students write and research different career interests and the amount of training and income involved. They also take field trips to DMACC and Central Campus. The majority of students attend Central their sophomore year. "I think the skills I have learned from these classes have opened doors to all sorts of job opportunities, especially in different types of apprenticeship programs," said sophomore Jacob Blanker.

All students from these classes passing with an A went to a shop fair in May to show off their work. There are an average of about 100 different schools that attend; the students bring fixed cars, fenders and castings they've worked on in class.

Junck's students worked mostly on the bodywork of cars of East students; taking care of dents and doing some welding. They spend an average of six weeks on a car.

One detail that has been noticed by the auto and metal teachers this year is the number of girls taking these classes.

"There usually aren't very many girls that take these classes," said Junck. "On average, in past years, we've had four girls in a class, but that number has doubled this year. I like to see that sort of expansion."

…by Melissa Mills

TO THE RIGHT, SOPHOMORE *Andy Jensen*, junior *Nathan Tyler* and sophomore *Brian Zigler* are sanding in preparation for paint and primer. They use a pan and break, a tool that bends metal into shape. To the right of that, sophomore *William Hood* is hard at work.

Photojournalist: Melissa Khodai.

AT THE LEFT, JUNIOR *RANDY Piper*, senior *Matt Beales* and sophomore *Ryan Markle* do a demonstration on making a metal tool box. Below sophomore *Andy Jensen* examines a beat up old Volkswagon Beetle.

WWW.DO-IT-YOURSELF.COM

getting ahead @ Central

Some students have dreams of becoming future robotic technicians, homebuilders and even veterinarians. Others just want to take more advanced classes. So where do they search to fulfill these wants and dreams? The answers are Central Campus and Central Academy.

"I want to become a computer technician so I decided to take Engineering Tech. and Robotics. It's a lot of fun," said sophomore **Fueche Vang**.

Central Campus offers students over 25 career area courses and 4 major languages to fulfill college entrance needs. Central Academy offers more advanced classes such as English, math and even chemistry.

"I took engineering and robotics this year because it sounded really interesting and it's a lot of fun," said sophomore **Danielle Campos-Anderson**.

Students that attend the campus can take career area courses that have lots of hands-on experience to get a good idea of what a career area is really like. While earning high school credit for classes, many students also earn college credit to apply in their career area. They can earn anywhere from 2 to 17 credits depending on the career area.

"I'm taking Home Building at Central Campus and right now I'm earning college credit," said junior **Josh Barton**.

Students that attend the academy can take academic courses to get ahead in high school. When in 10th grade, a student could take what would be considered 11th grade English at their home school to avoid taking it in 11th grade. That would give them an extra class to take at their home school.

"I take English and math at Central Academy because it looks good on college applications. It also helps me get ahead in my required courses so that I have more room for elective courses," said sophomore **Emily Grover**.

Of course, students also have to take into consideration traveling which takes up two class periods. That's why classes are taken one hour increments.

When students take a class that is two or more hours, they take phys. ed there instead of at East. Many students say that this is a plus because they only have gym once a week in career area classes and twice a week in language classes.

"Everyone likes the idea of only having gym about once a week," say many central students.

On the other hand, students say that traveling time can be a negative thing because they have one hour less to get their required courses in. If they take a language course, they don't really have to worry because they get two years of a language in one year so they don't have to wait another year. That saves time when it comes to scheduling.

"I decided to take German 1 and 2 this year because I was taking two years of German in one year to save some time. Next year in German 3, we take a trip to Germany. I can't wait," said sophomore **Brandy Hartman**.

Central campus and central academy offer many classes to satisfy anyone. Part of it is just a matter of whether or not one is willing to adjust to the changes.

...by Stephanie Carter

THIS STUDENT WORKS quietly on his math to finish it before the class is over. Classes like Pre-Calculus and Algebra II are offered in AP level formats at the academy. His hard work should pay off when report cards come out.

Photojournalist: Nancy Holmes.

what do you remember most about going to central?

"I remember going and doing something that I like to do everyday," said junior *Josh Barton*.

"I remember walking down the long hallways everyday and seeing all of the nice teachers," said *Jeremiah Vincent*.

"I remember taking the classes at central academy everyday," said senior *Sis Cavan*.

WWW.CENTRALCAMPUS.COM

RUSHING IN THE LAST FEW minutes of class (above), this student tries to finish his work before the bell rings. At left,students are conversing about what has gone on in class that day, while finishing their work.

Finding time for: **homework**

Lazy students or impractical time and assignments? Why don't students do homework?

Funk and Wagnall's dictionary defines homework as schoolwork done at home. For students, it's supposed to be a tool to practice or reinforce knowledge from class. However, many students don't take homework seriously because they don't see it that way.

Teacher **Derek Lounsberry** said about sixty percent of assignments are usually turned in, meaning just under half of it isn't done.

"I always see homework as busy work the teachers give us because they think we have no lives," said junior **Courtney Jones**. "My life is hectic enough so I just blow it off."

Not all neglected homework is due to how unseriously it is taken, though. Many students just have a hard time finding enough time to do it.

There are students like senior **Jessica Richardson** who have the chance to do their homework and get it done around eight at night, but many students can't manage that.

"I think we're assigned way too much homework with not much time to do it," said junior **Kristen West**. "I don't get home from work until ten, so my homework usually isn't done until midnight or later."

Also, in many cases, "homework" isn't the right term because it never makes it home.

"I try to get my assignments done," said junior **Amanda Ward**. "If I don't get it done in class, then I don't do it."

For those who don't take homework home, study hall is useful. However, even students who use study hall time wisely often find it's not enough time to get it all done.

"I do a lot of homework in study hall, but I don't usually finish," said sophomore **Amanda Byrkeet**, "so I have to do it in class before it starts."

So if it's not done at home and not in study hall, where and when can a student get homework done? Sophomore **Heather Carlson** does hers in the morning before school starts. This seems to be a method used by many students.

"It's a good time to get small assignments done," said junior **Holly Buch**. "The problem is you run the risk of not getting it all finished in time. It's not safe to procrastinate until the morning of a class with a lot of projects."

Are assignments neglected or a product of cramped schedules? Regardless, finding time to do assignments is part of the responsibility of being a student.

"I think students probably need to be more dedicated and responsible and just do their homework," said Byrkett.

...by Melissa Mills

organizations

"Homework often collides with my time to practice for band." said junior **Heather Jones**. "When you have assignments with due dates, it's easy to put off practice because it's never really due."

sleep

"I'm usually busy, so by the time I get around to doing homework it's late and I'd rather go to bed," said junior **Nicholle Axser**.

Top Distractions

friends

“I’d rather hang out with my friends than do homework because it’s boring,” said junior **Malisa Sam**.

activities

“The school want us to show school spirit by going to games and dances, but then teachers load us down with homework and expect us to do both,” said junior **April LeClere**.

food

“Whenever I try and do my homework I always end up making a bunch of food and eating it instead because homework makes me hungry,” said senior **Kelli Welker**.

sports

“Because I play so many sports, I have more than one practice a night and don’t get home until late,” said junior **Joe Kephart**. “I think teachers need to give less homework especially on game nights.”

no books = fun n class

Each period, the bell rings and students quickly get to their seats in anticipation of the start of class. In one special class they are glad to be free from a book for a while.

"We don't have assigned books like most classes do, but we learn quite a bit and we have to recite and memorize material," said junior **A.J. Anderson**. "I enjoy not having to lug a big book around."

Although there are no books in drama, the class is still harder to participate in. The textbooks are copies of plays. Students start off doing easy plays and progress to more difficult plays as the year progresses.

"At the beginning the students don't work that hard but as they progress they start to work harder and the plays become more complicated. The ones that remain are the ones that work the hardest," said teacher **Ruth Ann Gaines**.

First and second-year students might not officially put on a play, however, they learn and memorize plays to perform in the classroom. These plays often change from year to year.

"The plays we do in class aren't the hardest, but they are a little hard," said sophomore **Mike Patrick**. "I think the hardest part is making up your own skit to perform for the class."

Gaines' expectations for her students are: learn to get along, understand an obligation to the audience, understand the basic purposes of drama and develop self-discipline and self-respect.

"I want students to build self-esteem, appreciate diversity and be able to speak and perform in front of an audience," said Gaines.

Students are often put in pairs with other students that they get along with because they tend to work better with friends and peers that share some of the same ideas and interests.

"I enjoy being put with friends when we work in groups because I know them and I know how they can act," said Anderson. "If I don't get along with someone, I won't totally enjoy what I'm doing."

Drama fulfills the speech requirement for graduating, but a lot of students would rather be in speech instead of drama.

"I like being in speech because I don't think I would be a good actor," said sophomore **Steve Strock**. "I have already gotten over my fear of speaking to a group of people, but I don't think I'm ready to speak in front of many people."

...by Daniel Williams

TEACHER *RUTH GAINES*, watches with the class as a group does their presentation. Presentations were often criticized by peers in order to help build self-esteem.

Photojournalist: Melissa Khodai and Posse.

STUDENTS practice in the quiet of the hall before they present.(far left.) Other students pair up inside the classroom and practice before building up self-esteem by getting praise from their peers.

WWW.DMPLAYHOUSE.COM

Students 'play' on trip

...by Alicia Zacher

Drama students from East High, along with the other four Des Moines high schools, "hurrah-ed" their way to Shakopee, Minnesota for the 2000 Renaissance Festival on September 9.

Drama teacher **Ruth Ann Gaines** supervised the trip.

"I felt this was a good trip to participate in because it exposes the kids to good theater and enables them to get acquainted with other kids from neighboring schools," Gaines said.

Crafts were a large part of the festival experience. More than 275 artisans were represented at the fair. They displayed many types of jewelry, pottery, art pieces and clothing for sale.

Junior **Ellen Rothweiler** said, "There were a lot of things for sale, lots of period pieces and things like incense, candles, potpourri and jewelry."

Many of the kids found the costumes interesting.

"I loved the costumes, seeing all those people walking around like they were actually in the sixteenth century. It made me feel like I was really there!" said sophomore **Michelle Fortune**.

Food was a very dominant theme of the sixteenth century, and there was no shortage of it at the fair. Period food appeared at more than 150 booths featuring things like turkey legs, cream puffs, Greek gyros, soup served in bread bowls, Scotch eggs and fish & chips.

"Food was everywhere! It was all very good," said Fortune.

There was more to the drama trip than just the festival itself. The two day trip also included a tour of Guthrie Theater and Comedy Sportz, an improv game show.

Many of the students agreed that the tour of the theater was the most educational thing they did because they got to learn about "resident theater."

"The most educational thing we participated in was probably the tour because they got to be an audience, and be behind the scenes as well," Gaines said.

The people at the Guthrie Theater were very helpful, showing them the dressing rooms, how they get prepared for a show, and how people got on and off the stage.

Besides getting a tour of the theater, they also got to see a play acted out on stage, but the play they saw, "*Hedda Gabler*," wasn't "worthy of raves," many of the students said.

Junior **Savannah Wadsworth** said, "The play? It was snoozeworthy."

Junior **Andrew Anderson** said, "I only saw parts of it because it was so boring. It confused me, but it probably would have made sense if I had watched the whole thing."

debatin' all ovr the state

MAKING HIS POINT, freshman *Kevin Sanders* stands up in front of the class to share his views and ideas. This was one of the ways that squad members would practice for their debates.

While most teenagers are sleeping in on Saturday mornings, many students are waking up around 6 a.m. to prepare themselves for a full day of finding evidence and proving points.

"This class definitely requires a lot of dedication because they are two-day events from Friday night to Saturday. It is still a lot of fun even though we have to go to different schools and debate at 7:30 a.m.," said freshman **Emily Rice**.

Besides having visited all of the Des Moines schools, the team has also been to Iowa City, Bettendorf and Omaha.

"When we go out of town or out of state we stay in hotels and go swimming. It's a lot of fun but we still have to be ready in the morning to debate," said freshman **Jennifer Palmer.**

The requirement to be in a forensics class is the ability to express your interests openly. Students must sign up for the forensics class at the beginning of the semester and can take it for a full year or just for the semester.

"The class is about thinking and interscholastic competition in speech, logic and research," said debate sponsor **Dr. Doug Larche.**

Forensics classes aren't just for those hoping to be the President of the United States. Some students like Palmer say they signed up to be qualified for getting college scholarships, while freshman **Kevin Sanders** hopes to one day become a politician.

"Debate class has taught me how to argue my points better with my teachers without getting in trouble. The class has really helped me a lot with school," said freshman **Kevin Hollingsworth.**

Although the class may sound like all fun and games, with the weekend trips, the students still have to prepare their case arguments and get their stories straight between the fun times on the trips.

"The hardest part of debating is finding the evidence and getting up so early on Saturday mornings," said Hollingsworth, "but it's still a lot of fun."

...by Kelly Clark

FRESHMAN *JEREMY Dunkin* and junior *Alex Thornton* (at right) look over a debate topic. They are both actively involved in debate. At far right, freshman *Allison Andrews* organizes note and argument files.

Photojournalist: Simon Lange.

WWW.WHITEHOUSE.GOV

WITH HELP FROM classmates, *Sanders, Dunkin and Andrews* prepare to give their closing arguments (at left). Below, junior *Alex Thornton* looks over his paperwork for the next case.

WHAT ISSUES ARE *YOU* MOST CONCERNED ABOUT?

The fair treatment of minorities.
..... Freshman ***Jeremy Dunkin***

The sales tax and if it is being put to good use.
..... Sophomore ***Matthew Ross***

Discrimination against homosexuals because I've noticed over the years it has gotten worse.
..... Freshman ***Emily Rice***

WWW.SIMPLYENGLISH.COM

STUDENTS WORK ON English assignments at right. Teacher Judy Rush says students would get better grades if they were more prepared. Below, seniors work on English papers. The senior English class went on two field trips this year.

TWO SENIORS, *Michelle Ezzio* and *Bryan McLaughlin*, laugh it up while others work. At far right, freshmen *Samantha Winebrenner*, *Jon Chandler*, and *Rochelle Remus* proudly show off their trophies. While studying Edgar Allen Poe, Claudia Richards' class wrote horror stories and then voted on the best three works.

Photojournalist: Melissa Khodai.

classes 4 the future

English and Speech is a part of everyday life, something teachers hope is not lost on students.

"Speech is a class that any person wanting to advance to any type of management, secretarial, or law profession should take because it will help you with that in the future," said teacher **Mike Miller**.

Some students like Speec class because of the immediate benefits.

"I liked Speech a lot. It helped me work on my speaking skills and I can speak in front of people easier now," said junior **Melissa Mills**.

Speech is required for a semester in tenth grade unless students are in Drama or Debate. English, however, is required in grades 9-11 and offered to seniors.

"We try to tie all the English classes throughout high school together, following a pattern," said teacher **John Raymond**. "I think students begin to see the benefit of the class when they see how it all fits together."

Most English class curriculums consist of short stories, poems, essays, grammar and punctuation; not all of which are popular.

"I really don't like doing worksheets on fixing sentences and stuff," said freshman **Bryan Reynolds**.

Most students seem to like working on short stories the best.

"I really liked reading *The Crucible*. I'd say it's my favorite thing we've done this year," said junior **Christi Bethards**.

"I like it when we read the short stories in class because it's something different to do," said Reynolds.

Students in Speech class learn how to research, give different kinds of speeches and improve on their speaking abilities. Students also, of course, give speeches.

"I really like the research part of the speeches," said Mills. "The worst part was probably giving the speech but, after you got it done it wasn't so bad. It was actually one of my favorite classes."

Students seem to actually get more than they expect out of their English classes, something Raymond hopes they realize.

"I would hope that they get out of English the beauty and power of language," said Raymond. "I think the better a person knows English, the better they are able to speak and express themselves."

...by Holly Buch

science class @ east gets upgrade

Attention class of 2004: In addition to being pushed around by seniors, not knowing the difference between the north and south wings and having to acquire three more credits than three-fourths of the school by your graduating year, you'll also be required to take two years of science.

Bummer, right?

Not when you are taking the new and improved Interactive Science class. Interactive Science contains elements of chemistry, physics and biology as well as previously learned sciences topics. It provides a smooth change from middle school and helps prepare for science classes ahead.

"It's one of my easier classes and kind of basic in a way," said freshman **Andrew VanGundy**. "It's like an intro to my other classes, like biology. Our work usually consists of reading, answering questions and worksheets."

Interactive Science covers physics, genetics, biology, evolution and chemistry.

Up until this year, Earth Science was the primary freshman science class. The class had been offered since the freshmen were added to the high school. Though similar in some respects, Earth Science taught more about the natural world, studying the stars, weather, the atmosphere and ecosystems. Since sophomores, juniors and seniors only required one science class to graduate, Earth Science covered a broad range of all the sciences.

Interactive Science teacher **Janet Boyd** misses Earth Science.

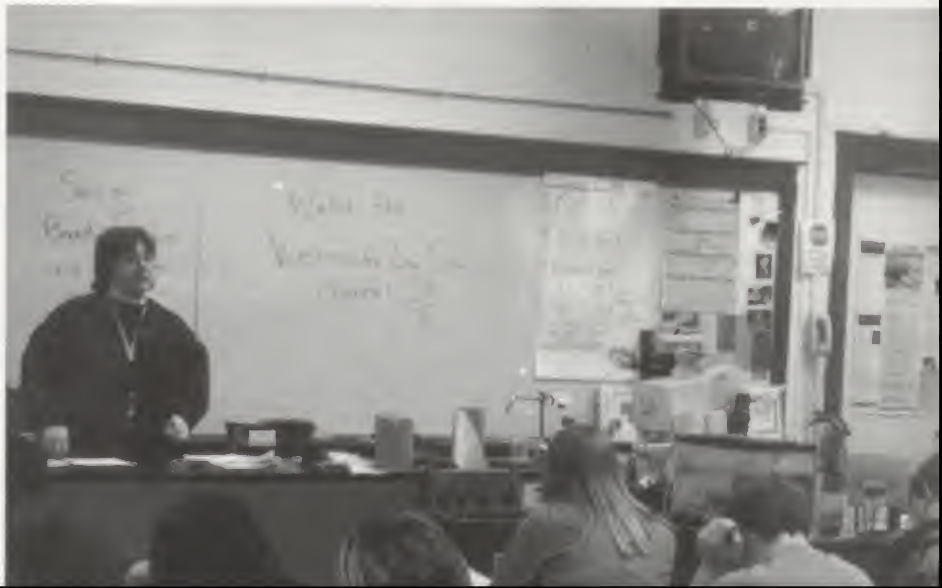
"I think the kids learned a lot of this stuff in middle school," Boyd said. "In Earth Science, we learned things that other classes didn't teach like oceanography and astronomy. Things about the Earth."

Freshman **Matt Sowden** took Earth Science last year at Central Campus and is currently enrolled in Interactive Science.

"I kind of liked Earth Science," Sowden said. "Personally, I think the new class is a little boring in comparison to it just because I remembered everything that was taught last year."

Earth Science lovers don't be discouraged. Interactive Science is now primarily for the freshmen class, but will be offered as an elective to the entire school.

...by Chelsea Pickett



STUDENTS IN teacher *Janet Boyd's* classroom tackle a tough assignment. When they aren't busy with bookwork, these future scientists have labs two times a week.

Photojournalist: Stuart Dalrymple.

DURING CLASS LECTURES, the freshmen learned about a broad range of sciences. Elements of physics, biology and genetics were taught in the course.

WWW.SCIENCERULES.COM

WHAT WAS YOUR FAVORITE MEMORY OF THE CLASS?

"A 'rock' that I was investigating turned out to be dinosaur poop."

-Freshman Megan Niffenegger

"Taking it for the second time: *Science Rules!*"

-Sophomore Shawn Graham

"Getting drool all over the inside of my book during an 'exciting' lab."

-Freshman Ryan Neff

"Igniting some of my ink pens during a lab."

-Freshman Courtney Chaplin

prep 4 ur future

The Biology courses are designed to cover the origin of life and human biology. In previous years it has also included the entire living world. This part has been eliminated to give more time to the other parts of the course; students now spend more time studying themselves as living organisms.

"The course was changed to further prepare students for college with information that is more useful," said teacher **Kacia Cain**. "The new subjects deal with current topics, such as advances in genetics and emerging diseases."

In the past, students did a survey of animals. They studied each kingdom, different animals and characteristics of each.

"The portfolios were a big part of the class. I put my favorite animals in mine," said sophomore **Larry Holloway**.

Biology I and II still study animals includeing insects, but put more focus on human anatomy, genetics and issues surrounding new discoveries.

"We learned how to make pedigrees and find the genetic diseases, then discussed how that knowledge can affect our lives," said sophomore **Shane Clements**.

The change isn't just to better prepare students for college, but for their future and to present the modern advances in science as well.

...by Melissa Mills

SOPHOMORE CHELSEA Pickett carefully takes class notes. Beside her, sophomore Risa Cave shows off her bug collection. Classes are required to keep an insect collection with five different insects from five different orders (groups or families).

Photojournalist: Michelle Warnock

TO THE LEFT *KERI Frommelt* lets one of her couple hundred cockroaches out for some exercise. Below sophomore *Jeff Bellis* observes Rose, a rose haired tarantula who has resided at East for two years.

WWW.INSECTBIOLOGY.COM

WWW.NATIONALGEOGRAPHIC.COM

STOPPING FOR A PIC, juniors *Kjersten Harvey* and *Megan Richardson* pose for a quick shot during class. Students study the many properties which plants have that make them useful in everyday life.

...Do you know Iowa's state symbols?

State bird: EASTERN GOLDFINCH

State flower: WILD ROSE

State rock : GEODE

State tree :OAK

Photojournalist: Michelle Warnock.

CAUGHT IN THE MIDDLE of discussing an assignment are senior *Jared Smith* and junior *Stacy Smith*. Zoology students participate in many activities about animal habitats.

plants & animals r alive 2 students

Seeing green lately? Ever wanted to explore many different types of animals and where they live? Then the perfect classes to take would be Zoology and Botany.

"These classes allow students to learn in better detail about plants and animals," said science teacher **Keri Frommelt**.

Botany is a class that studies a variety of plants. Students look at what properties make certain plants useful to everyday life.

The students participate in many projects throughout the semester. One project is to design a landscape using a variety of plants. Students then present their design to the class and explain what plants they used and how their project came about.

In the spring, if the weather cooperates, a lot of time is spent outdoors in the courtyard. Another assignment is to keep a plant alive in the classroom for the whole year. Students also have to know other students' plants' names.

Senior **Stacy Six** liked Botany and took it to get better at caring for plants.

"I took the class because I liked science and wanted to learn how to take care of a garden that I wouldn't kill!"

Student teacher **Kathryn Elsbecker** taught the class a unit on the prairies of Iowa and students went to a website to create their own prairies.

"The website lets people build their own prairies step by step. The students got to choose what types of grasses they used," Elsbecker said.

The class also went on a field trip to the Botanical Center. Students got a behind-the-scenes tour of the facility.

Zoology helps students explore the many different phyla of animals and one task was to make an insect collection.

The collection had to have many insects per phyla. By the finish, each project contained fifty to sixty insects.

Many said the best thing about Zoology was researching where animals lived.

"Learning about different types of animals and their habitats was really neat. Australia is cut away from the other continents and has developed its own animals," said senior **Ryan Bernhardt**.

Frommelt said that students take Zoology because they may be curious about a career path working with animals. The main point of the course, though, is for students to appreciate animals and have fun doing it.

"Botany and Zoology are great classes because they are more specialized rather than studying general subjects," said senior **Nicole Ballantyne**.

...by Seth Conn

harder classes & higher grades

Chemistry and Physics are usually thought to be two of the toughest classes offered at East, but a new class may make students change their minds….

"Advanced Chemistry is nothing like regular Chemistry. They're just so different," said teacher **Maureen Mays**. "Advanced Chemistry is ten times more rigorous."

Some students, like junior **Amber Swacker**, can't even imagine being in Advanced Chemistry.

"There's no way I could handle Advanced Chemistry; regular is hard enough for me," said Swacker.

So why would students take such a difficult class?

"These are all college-bound kids who are looking to go into medical and science fields," said Mays.

The Advanced Chemistry class is currently offered only one period and has about 20 students.

"I would expect there to be more students next year," said Mays. "But it all depends on how this first year goes."

Besides an extra word, there are many differences between Chemistry and Advanced Chemistry and Physics, as expected, differs from both.

"We use a college text and the class goes more in-depth with certain areas. The labs are more open-ended, which means the students are given a problem to solve among themselves; I just give them the supplies," said Mays.

"We mostly study the atom and the periodic table," said teacher **Annette Ryun**. "We combine chemicals and observe the reactions."

"Physics is more math-oriented. More math is required in order to take this class. It's mostly focused on forces, motion, acceleration, momentum and electricity," said teacher **Rollie Bramhall**.

Despite the differences, Physics, Chemistry and Advanced Chemistry do have one thing in common — they are all weighted classes.

"A weighted class is a class that's usually thought to be hard and very college-oriented. Students grades are raised up one GPA point unless they're failing," said Ryun.

Most students agree that this is a very well-known plus.

"The best thing about chemistry is that it's weighted," said Swacker.

"Weighted classes help me a lot because I'm taking Chemistry and Physics," said junior **Heston Clark**.

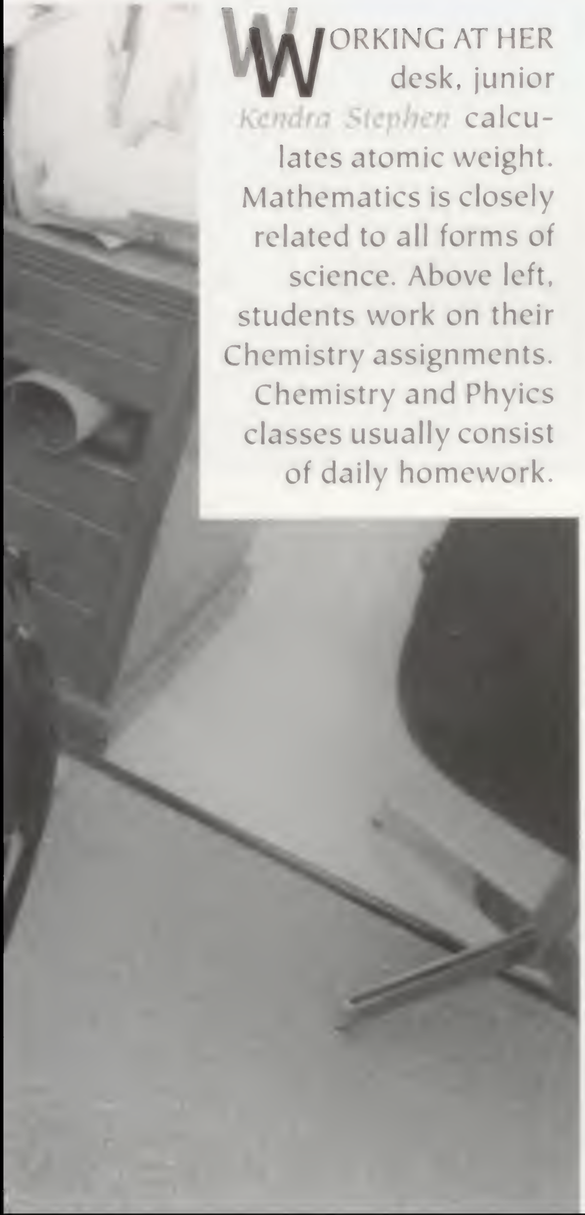
Mays hopes that students won't take weighted classes for granted.

"I think sometimes the weighted classes lower expectations," said Mays. "I think students need to work as hard as they can and try to ignore the fact that it's weighted."

...by Holly Buch

Photojournalist: James Avon.

WWW.EXPLORESCIENCE.COM



WORKING AT HER desk, junior *Kendra Stephen* calculates atomic weight. Mathematics is closely related to all forms of science. Above left, students work on their Chemistry assignments. Chemistry and Phyics classes usually consist of daily homework.

SHOWING OFF HER Chemistry book, senior *Melissa Khodai* proudly smiles. According to teacher Annete Ryun, the more students read their Chemistry books, the better they understand the subject. Above are various chemicals used for experiments. Chemistry classes are required to buy goggles to wear during such experiments.

(+) and (-) @ the math dept.

Upper classmen remember taking Pre- Algebra, Algebra, Geometry, or Algebra II with **Eric Sullivan** or **Steve Brown**.

"Mr. Sullivan was a young, energetic, intelligent teacher and East misses his skills," said senior **Betsy Vaquerano**.

We might have lost two great teachers, but they made room for the newest additions to the math department **Darrin Fisher** and **Greg Wall**.

"We have a great math department made up of ten teachers that care about their students and help them to achieve the best they're capable of," said department chair and pre calculus teacher **Karen Cross**.

Wall transferred to East from Scavo and teaches Pre- Integrated and Integrated Algebra I.

"East is where I really wanted to be, the kids here work hard and are fun to deal with," said Wall.

When he approaches teaching he likes to keep the lessons short and give the students time to work. He believes it's important to give students time to make sure they understand the concepts in the assignments.

"What I like best about Mr. Wall's class is he makes sure I understand what I'm doing, and when ever I need help I can ask my neighbor, and get help from all the other students in the class," said sophmore **Amber Murphy**. "Sometimes I understand it a lot better when other students explain it."

New this year also is Steve Fisher. He transferred here from Nevada Community Schools to teach Pre- Integrated Algebra.

"Students at East are very mature," said Fisher. "They have a purpose for being at school and have a good time, too. They balance the two very well."

He doesn't like to lecture his classes, instead he uses cooperative learning.

At Nevada Fisher taught Applied Math, and this is his first year teaching Integrated. Last year the district brought in Integrated Math. These classes replace Pre Algebra, Geometry, and Algebra II with a class that gives students a little of each all together.

"Integrated classes are good because it's constant review and helps them remember past skills," said Fisher. "The negative side is that it is very fragmented and the book expects the students to have mastered skills they all haven't. Some of the class can be very difficult for students with not so good math backgrounds."

By next year all of the math classes, excluding Pre Calculus and Calculus, should be integrated.

...by Melissa Mills

ABOVE, A SMALL GROUP IN Greg Wall's pre-integrated class work together on an activity dealing with shapes. Geometry is one of the classes combined into the integrated courses. At right, teacher Wall flashes a smile while quieting his class.

Photojournalist: Katie Hull.

PERFORMING THE "polynomial shuffle," *Derek Lounsberry* teaches his class a fun dance to help remember the weird behavior of these math lesson numbers.

WWW.USGOVERNMENT.COM

knowledge 2 last 4 a lifetime

What an interesting year! Not for all, but definitely for Government classes. Who took advantage of opportunities that only come around every four years.

"Election year gives us a chance to focus on the issues that are important to the students. We even have a mock election," said government teacher **Lynn Hoff**. "It gives the students a first-hand look into the political world."

In addition to mock elections, students also had in-class debates on the issues.

"I wanted the students to feel they can voice their opinions without being criticized. If a student tells the class their opinion and gets made fun of, they get extra credit," said Hoff.

"I like the way the class is being taught because we spend a lot of time discussing things to be sure we understand what we are learning," said senior **Heather Roseberry**.

Economics, on the other hand, is a look into the business world. In Micro/Macro Economics the students started their own company to have a hands-on learning experience.

"In Junior Achievement economics the student companies allow the students the opportunity to organize and operate a company for profit. This learning tool works because it gives students a chance to learn about profits and the ability to get involved," said teacher **Samy El-Baroudi**.

Bookwork is also included. The students cover a chapter a week, then at the end of the week take a test.

"The tests aren't that difficult, all you have to do is study. Plus, we go over everything that is going to be on the test during the week in class," said senior **Shawna McChurch**.

Even though Government and Economics are required classes for graduation, students can still have fun while they learn valuable skills for their future lives as public citizens.

...by Brooke Nowadzky

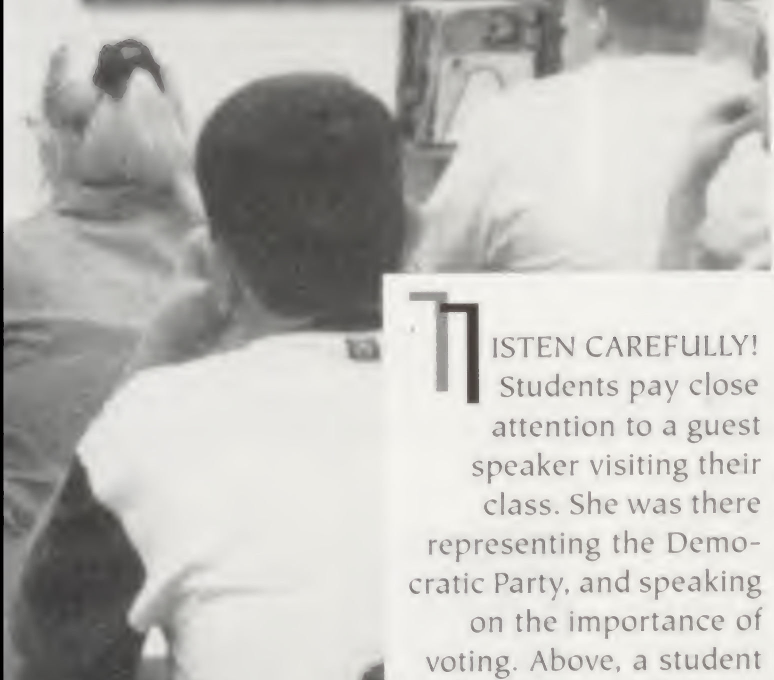
Photojournalist: Mindy Quintance.

What issues are most important to teens?

Drugs
Education
Taxes
Abortion
Immigration
Gun control
Social Security

*[*These answers given in Lynn Hoff's fall semester sixth hour government class.]*

WWW.ECONOMY.COM



LISTEN CAREFULLY! Students pay close attention to a guest speaker visiting their class. She was there representing the Democratic Party, and speaking on the importance of voting. Above, a student takes a snooze during a lesson. That' a NO-NO!!

history revised

Social studies courses are facing a makeover this year. Three huge changes are affecting the department. One change is Law and Issues finishing its final year after thirty years at East, and it well be missed.

"I think students really enjoy the class and I enjoy teaching it," said teacher **Stan Thompson**. "I have alums that come back and tell me what a great class it was."

Law and Issues is an elective class that covers important cases such as the Lindbergh case and the Kennedy Assassination. Also subjects such as drinking and driving, organized crime, capital punishment, family abuse, the Bill of Rights, wars and influential leaders. Included are guest speakers during the year from departments of the state government.

The class is being eliminated to make way for Introduction to Social Science course. World History has been moved from the freshman to the sophomore level and Introduction to Social Science is taking its place, leaving no room for Law and Issues.

"Freshmen in high school have enough to deal with without such a tough course," said teacher **Elaine Peterson**. "They need a year to mature emotionally and adjust to the school so they can handle the difficulty of the class that covers this amount of material so quickly."

This course that covers approximately 5,000 years of history has been a sophomore course in other area schools for years.

"It was extremely easy to get lost because we ran through the sections so fast," said junior **Lindsey Waltz**.

Its replacement, Introduction to Social Sciences, has some review and other important subjects. Students study thinking skills, study skills, psychology, sociology, anthropology, geography, history, political science and economics.

The only class that hasn't been affected by the changes this year is American History, a junior course covering the first English settlement in 1607 to America in 1996.

"American History is interesting; we get a lot of information, mostly from notes and movies. Some of the movies are cool," said junior **Patrick McGravey**.

...by Melissa Mills

TEACHER LYNN HOFF'S American History class independently works on their vocabulary. This section's vocabulary is over "Union in Peril" and includes slavery, secession and the formation of the first Republican Party.

Photojournalist: Amy Preas.

TO THE LEFT, TEACHER DON MURPHY'S class takes notes while, below, teacher Stan Thompson's class keeps their eyes and ears open to a lecture on the Kennedy assassination. Thompson points out how, even with all the evidence, nine out of ten people don't believe the government's theory of how the assassination took place.

WWW.AMERICANHISTORY.COM

Test your knowledge...

What was the next war involving the USA following WWII?	When was the Great Depression?	Which final battle gained US independence?	What year did the Civil War begin?
A) Persian Gulf War	A) 1920's	A) Oriskany	A) 1802
B) Vietnam War	B) 1930's	B) Saratoga	B) 1834
C) Mexican War	C) 1940's	C) Bunker Hill	C) 1861
D) Korean War	D) 1950's	D) York Town	D) 1875

Answers: D, B, D, C

TEACHER *JOYCE VICKEROY* helps coach the students and take stats while they practice. The students enjoyed being able to play and do everything else that everyone else did in gym class.

WWW.AMERICASATHLETES.ORG

Photojournalist: Mindy Quaintance.

fun times in p.e.o.p.e.l. p.e.

SOME OF THE STUDENTS are playing a game a of basketball in the big gym.

P.E.O.P.E.L. Physical Education Opportunities for People who are Exceptional Learners, is one of the three P.E. classes offered at East.

The class is a different type of gym class for special needs and physically disabled students who don't have much self-confidence.

The teachers also have some helpers to help the kids out and give them some support.

"I liked helping the kids out. It's a lot of fun making them feel good and feel like they're doing a good job. It's also fun because it's different," said senior **Katie Karrett**.

The teachers are **Joyce Vickroy** and **Terrie Fenstermann**.

Vickroy teaches the upper class students and Fenstermann has the lower class students.

When the students are in the class they do the same activities as a regular gym class would do, they are treated the same but get it a little easier then if they were in a regular gym class.

The students do the same activities as a regular gym class, but the class sizes are much smaller with fewer distractions.

"I think it's a better class for kids with special needs," said Vickroy. "I enjoy doing it and so do my helpers."

The class was established in 1985 and is still going strong. One of the former teachers, **Marc Hurley** said, "I think it's a good program. I had fun teaching it, I wouldn't mind doing it again."

One of the people that helped out is **Randy Nordaker**. He teaches the students on the third floor that are in the program.

"I think it's a good alternative for the special ed students. It helps build up their self concept to go to a regular gym class, plus I just think it's a good program. We have good helpers, good teachers, and we have a good time," said Nordaker.

...by Richard Weigel

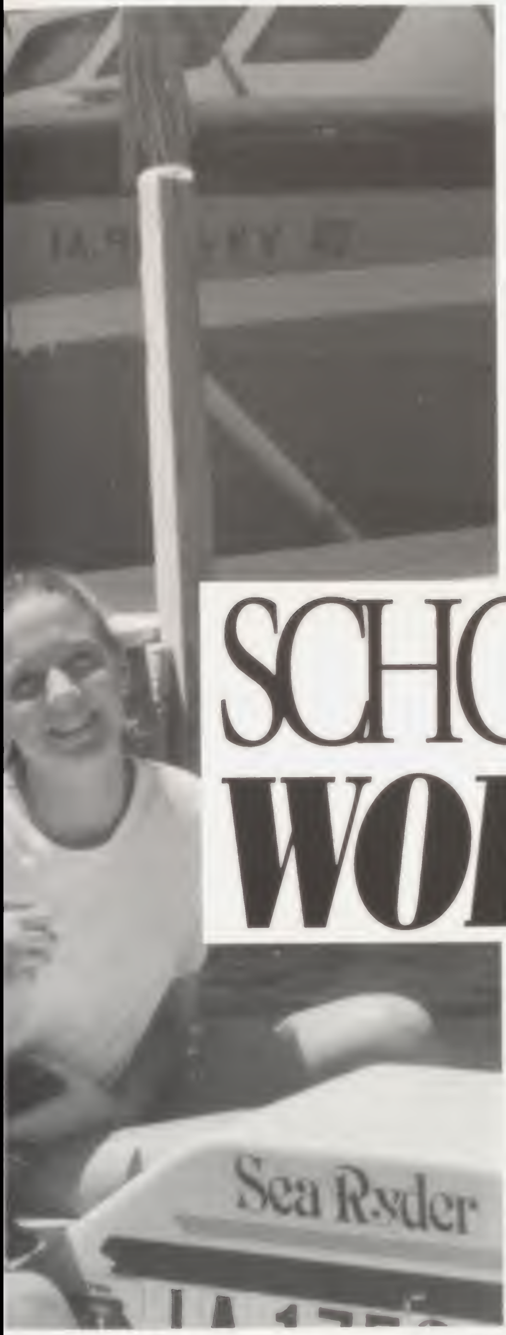
TO THE FAR LEFT, JUNIORS *Steve Reben, Michelle Kellogg*, and seniors *Miles Kellogg* and *Patty Michael* battle for a rebound. To the left, a student goes up and blocks a shot .

STUDENT LIFE *VERSUS* REAL LIFE...

"Sometimes student life and real life are hard to combine because there are so many things you have to work into your schedule between the two," said junior Jenny Mason.

"I think it is important to have both a student life and a real life because it would be hard to just put up with one or the other sometimes," said junior Amy Preas

STUDENT LIFE



SCHOOL MEETS WORLD

Expect the unexpected. That is what it is like to live the life of an East High Scarlet.

Each year students are forced to deal with everything going on in the world and their lives, expected or unexpected... then they go to school, learn in class and participate in activities and clubs outside of class.

As soon as the bell rings, their day as a student is over. People then scatter to a variety of activities, such as work or practice for the big game, if they are not in club meetings or doing homework. When the day is over, Scarlets go to bed or go out with friends, if and only if there is any time left.

This division is dedicated to the students at East, who perform the unexpected every day in their busy Scarlet lives.

...by Cheri Fenton

"I think life as a student can be fun, but it can also be a lot of work. It's good to be able to mix a real life with it," said senior Jenny Moore.

"They are very similar because they both combine learning and different aspects of life," said junior Michael Weeks.

"Student life is important so you get a chance to learn all the things you will need to know for real life later on," said junior Valerie Boland.

"Both are important because you get experience from real life and knowledge from student life," said senior Kelli Welker.

Making a Memorable Homecoming

EACH year, there are a lot of changes. Including the most important week of the school year, Homecoming, the week everyone remembers even after graduation. That is why it is important for the student government and the school to make it memorable.

"We try to make all aspects of it different and better than the one before," said economics teacher **Samy El-Baroudi**.

"This Homecoming was memorable for me because it was my last lightshow, pep rally and assembly after all these years of doing them," said senior **Megan Edwards**.

The theme for Homecoming this year was *Enchantment in the Emerald City*, which was thought up by Student Government President Shawn Head.

"I was trying to think of as many ideas a possible over the summer. When I watched *The Wizard of Oz* on TV, I thought of it and we put it on the list with the rest of the ideas. Everyone liked it the best, so we went with it," said senior **Shawn Head**.

Many activities were scheduled for the week and of course no one can forget the Homecoming game. East hosted Ottumwa, at Williams Stadium, but lost 55-7.

"I wish we would have won our game this year, but I guess we didn't do too bad considering who we played," said junior **Eric Lopez**.

During Spirit Week, different days were planned to exhibit school spirit, dress up and have fun.

"Thursday was supposed to be *Wizard of Oz* Day to go with the theme for the dance, but I heard so many complaints from students and staff that we decided to go with Farmer Day instead," said Head.

East advisors **Gary Rourke** and **Alex Hanna** judged students for the spirit days of Homecoming week. Winners were recognized at the pep assembly that Friday afternoon and were given East accessories.

"The funniest thing from the week was to see senior Alison Lowe dressed as a drag queen during costume day," said senior **Shawna McChurch**. "I wish she would have won for costume day."

"For costume day, I wore my firefighter's uniform, and it was weird to hear people making comments as I walked down the hall," said senior **Wendy Bradford**. "The uniform smelled like wet clothes and smoke all day. It was gross."

"The thing I will remember the most will probably be when the old Colorguard members tee-peed all the new members and we got caught by freshman Angel Blount's older brother," said senior **Daeneile Williams**.

"I really enjoyed Homecoming this year, and it was nice to see so much school spirit," said senior **Katie Hull**.

... by Jennifer Oliver

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EAST
RODEO
DUMMY

SPIRIT MOMENTS FROM HOMECOMING... (1) above left, seniors *April King* and *Shawn Head* as the Queen of Hearts and The Mummy; (2) above right, seniors *Misty Stanton* and *April Hiatt* as Hillbilly farmers; (3) at right, seniors *Andrew Graeve* and *Adam Winn* as "shagadelic" studs, and (6) at far right, junior *Andy Vance* as a Rodeo Dummy; (5) above them, Principal *Jerry Stilwell* lounging on the Homecoming couch at the assembly; (4) at top, Steppers perform their "Disco" routine for Homecoming.

Photos: Mullica Studios.

Spirit Days for Homecoming Week

Mon.: "Blast From The Past"

Tues.: Testing - NO ACTIVITIES

Wed.: Costume Day

Thurs.: Farmer Day

Fri.: Spirit Day

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Activities for Homecoming Week

Mon.: NO ACTIVITIES

Tues.: Testing - NO ACTIVITIES

Wed.: Powderpuff Football

Thurs.: Pep Rally & tee-peed school

Fri.: Sidewalk painting

⑨

AT THE PEP RALLY, (8) above, freshman cheerleaders pump up the crowd. Chillin' at the Tailgating party (7), senior *Ted Harrington* tries to keep warm. At left (9), varsity cheerleaders *Tiffany Boggs*, *Kelli Welker*, and *Tiffany Carey* hold up varsity football player *Randy Blackford* at the Homecoming assembly.

Homecoming Enchants Students

ENCHANTMENT *in the Emerald City* was the theme for the Homecoming dance and the night really was enchanting. Many students spent this romantic evening with someone special.

"The dance was really special because of the guy I was with," said senior **Jennifer Oliver**. "He made the night so enchanting and romantic."

Some students went with their friends and had a fun evening of dancing and hanging out.

"It was really different because I could dance with everybody and not just one person," said senior **Jackie Chaffee**. "That made it really fun."

The dance was planned and sponsored by Student Government. The group voted on possible themes, as well as songs and then made the final decisions. The song that was chosen was "This I Promise You" by 'N Sync.

For many people there was something special that sticks out in their mind. Everyone has their own idea of what that highlight was.

"Getting in the door was good because it was warm inside," said senior **April Hiatt**.

"Dancing in the middle of the floor was cool," said senior **Misty Stanton**. "You could dance with anyone you wanted to and no one cared."

For many, however, the highlight was the pyrotechnics.

"They were more organized this year and I really think it helped to direct the attention to where they were to happen," said El-Baroudi.

"The way that they presented the homecoming court at the same time was really cool because it got everyone's attention," said senior **Debbie Montis**.

This is the third year that student government has opted to use the pyrotechnics. Each year they have hired the same specialist to work with them. Rob Moore, the DJ and EHS alum, was the connection for the school to get the specialist.

...by Shawna McChurch

SENIORS *ANGELA VERTZ* AND *John Housley* hold each other close. Vertz and Housley borrowed the King's crown for this royal picture. 2-Seniors *April Hiatt*, *Misty Stanton*, and *Khanthaly Souvatrat* spent the evening dancing with friends. 3-Seniors *Nick Moore* and *Souphin Thonesavanh* gaze into each others eyes as the DJ played a slow song. 4-Vertz sheds tears of joy after she and senior *Kenny Paulding* were named King and Queen.

Photojournalist: Mullica Studios.

⑦

THESE SCARLETS HUDDLE TOGETHER TO take a picture of this memorable night. 6-Juniors *Jonna Eastcott*, *Charles Lozano*, *Amy Preas* and *Michael Weeks* strut their stuff at the dance. 7-Sophomores *Veronica Coe* and *Meghan Parsons* and freshman *Angel Blount* danced the night away with all of their friends. 8-The women on the senior court and *Christina Ackelson*, last year's Queen, await the crowning of the new Queen. 9-Last year's King, *Nate Hibben*, congratulates his successor, senior *Kenny Paulding*.

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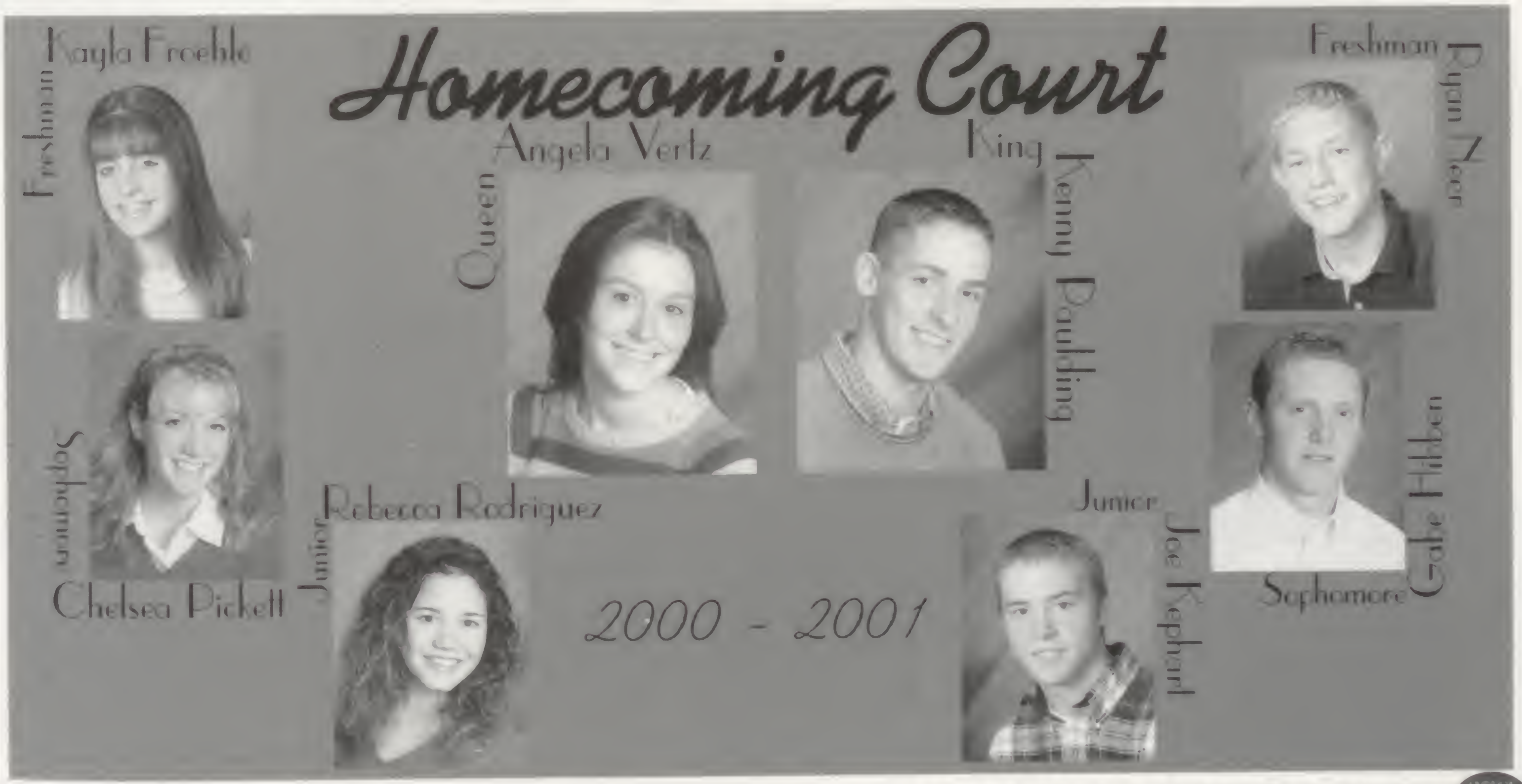
⑨

Homecoming Court


Freshman
Kayla Froehle
Queen
Angela Vertz
King
Kenny Paulding
Freshman
Ryan Neer
Sophomore
Chelsea Pickett
Junior
Rebecca Rodriguez
2000 - 2001
Junior
Joe Kephart
Sophomore
Gabe Hibben

Most Likely To...

Be seen on a Gerber commercial *Class Whiners*

Shawn Head & Krystal Pickett

Be the next Michelangelo

Brianna Frank & Mark Lovan

Be a hall monitor

Ryan Bernhardt & April Hiatt

Be the first woman president

Mary Froehle

Still be listening to teenybopper music when they're 30

Matt Fry, Jennifer Moore & Kenny Paulding

Go grey during college

Denise Birkhofer & Andrew Graeve

Be Mr. & Mrs. John Deere

Wendy Bradford & Adam Townsend

Be delivering pizzas for a career

Tommie Halsband & Bridget Davis

Be on a Pantene Pro-V commercial

Tiffany Boggs & Lars Kruecke

Still be living in their parents basement during our next class reunion

Amy Goddard & Jared Smith

Be an actor/actress

Michael Wolf & Brooke Nowadzky

Be filthy rich

Ashley Armstrong & Ernesto De La Cruz

Be on the cover of a famous magazine

Lindsey Carr

Have $35,000 in unpaid parking tickets

Jack Webber & Krystal Pickett

Be seen on a Wheaties' box

Kathleen Robinson & Richard Lewis

CLASS COUPLE

John Housley & Angela Vertz

CLASS FLIRTS

Dawn Ritchie & Kenny Paulding

BEST DRESSED

Matt Breton & Andrea Cook

DREAMIEST EYES

Kelli Welker & TC Moberg

MOST SPIRITED

Mike DeMoss & Michelle State

BEST VEHICLE

Joe Pett & Amanda Warner

CLASS SNOOZERS

Meghan Templeton & Richard Zubulake

BEST BODY

Jerry Holman, Matt Evans, Kelli Welker & Christin Cady

LOST IN SPACE

Jessica Foreman & Brandon Puchta

BEST SMILE

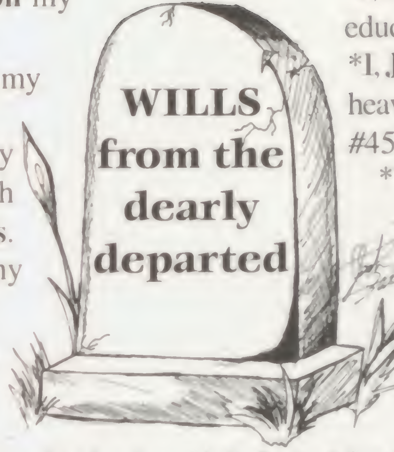
Tiffany Carey & Kevin Lundberg

CAN BE HEARD WITHOUT A MEGAPHONE

Sara Froehle & Paul Drey

Photojournalist: Kelli Welker

WILLS from the dearly departed



*I, **Christy Carlson**, will **Heather Carlson** my attitude and my seat in ISS.

*I, **Kathleen Robinson**, will **Lindsay Steele** my driving ablilities.

*I, **Tessa Danielson**, will **Jenny Smith** my basement locker and Government and English teachers: **Mr. Thompson** and **Mrs. Saddoris**.

*I, **Danielle Williams**, will **Veronica Coe** my neon practice flag.

*I, **Stephanee Carlos**, will **Stacee Carlos** all of my homework and notes so she can ace all of her classes.

*I, **Melissa Khodai**, will **Kati Bainter** my highly-educated spelling abilities, (since she cannot spell.)

*I, **Jason Brooks**, will **Shane Clements** my varsity heavy-weight wrestling spot and my wrestling locker, #45.

*We, **Mike DeMoss** and **Andy Graeve**, will **Jared Graeve** and **Brian Schultz** the administration of the student tailgate parties.

*We, **Kelli Welker** and **Jennifer Moore**, will **Cheri Fenton** Hot and Sexy #68.

*I, **Amy Smith**, will a Stepper my poms and my $600.00 bill.

*I, **Angela Vertz**, will **Jeremy Vertz** my car so that he doesn't have to drive his very loud beater truck next year.

*I, **Shannon Griffiths**, will **Valerie Boland** the responsibility of taking care of my little sis Allie next year while she is a freshman.

*I, **April Hiatt**, will any driving EHS student my ability to hit and knock over a fire hydrant without damaging their car.

*I, **Shawn Head**, will **Chelsea Pickett** Tony and Silvio; may they bring protection to you for your remaining 2 years.

*I, German kid (**Lars Kruecke**), will the underclassman and all of the teachers a fun and successful upcoming school year.

*I, **Krystal Pickett**, will **Jeni Grochala** the off-roading shopping cart from last summer with Jared's My Buddy doll in the kid seat.

*I, **Ashley Armstrong**, will **Jonna Eastcott** my towel she never returned duruing the swim season so she can dry off next year.

*I, **Heang Sou**, will **Eric Baccam** a cockroach and my spot in the hall monitors' office.

*I, **Brooke Nowadzky**, will **Savannah Wadsworth** and **Ellen Rothweiler** my great memories of Theater Arts.

*I, **Wendy Mehl**, will **Andrea Lopez** the Patch-Pak--the coolest back-pack in the school.

*I, **Lindsey Taylor**, will **Katie Freel** all of the to-go boxes she will need for next year's crouton-throwing contests.

*I, **April King**, will **Ross Hesseltine** the lucky soccer sports bra worn to every practice and game.

*I, **Mike Jones**, will **Jack Housley** my raw talent and awesome ability to drive a racecar.

*I, **Christina Thomas**, will **Treasure Small** my locker, my Ford Escort and my job at QT.

*I, **Jesse Bainter**, will any future senior my Senior Survivor shirt and Survivor skills.

*I, **Alan Jones**, will **Tyler Card** my Alien Bob and Presidency of the Committee.

*I, **Jennifer Moore**, will **Cheri Fenton** all of my Dinner Roll powers-- May the force be with you, girl.

*I, **Kevin Lundberg**, will all underclassmen baseball teams the best of years, to have fun and have great seasons like me.

*I, **Jenny Golden**, will **Katie Freel** the single salsa thing and **Courtney Scheiffer** my salsa dancing skills.

Be clubbers for life

Andy Graeve, Matt Breton,
Kevin Lundberg & AJ Shipman

*We, **Brooke Nowadzky**, **Jennifer Oliver**, **Debbie Montis**, **Kelli Welker** and **Heidi Bailey**, wish next year's Quill staff the best of luck.

CHAIRS, *TIFFANY CAREY* AND *Sheena Signs* take a moment (above) to pose with their dates, juniors *Jason Rice* and *Aaron Hook*. Next year's chairs are *Natalie Plummer* and *Ginger Stevens*. At right, senior *Alan Jones* and junior *Cheri Fenton* enjoy each other's company while on the dance floor. The theme color was iridescent blue but did not have to be worn. What a way to make an entrance! At far right, seniors *Mike Redshaw, Alan Jones, Josh Markle and Ryan Bernhardt* show off their studly suits and their canes.

Unforgettable moments of the dance...

Senior Mike Redshaw

"We got our tuxes at the theatrical shop in Valley Junction. We thought we'd do something fun, and everyone seemed to like them."

Junior Kati Bainter

"I was really bummed when the dance was cancelled, but I thought it was the right decision."

Photojournalist: Mullica.

Walking In a Winter Wonderland

After months of planning, this year's 12B was held on December 22 at the Camp Dodge Rec Hall in Johnston. The theme was "Winter Wonderland" and with the cold weather and snow, it turned out to be just that.

The dance was held from 8-11p.m. and had 130 students in attendance. The dance is original because it is not school-sponsored, but put together by a group of hostesses and chairs and their parents. The chair holders this year were seniors **Tiffany Carey** and **Sheena Signs**.

"I thought the dance was a lot of fun. Since it was a smaller dance, I knew everyone and it made it a night to always remember," said senior **Mike DeMoss**.

12B is a dance for juniors and seniors, but underclassmen can go as long as they are in attendance with an upperclassman.

The dance was originally scheduled for December 16 at the Historical Building but the day of the dance an unexpected snowstorm forced Carey and Signs' parents to reschedule.

"I was a little worried when I found out the dance had been cancelled. I thought it would ruin a lot of plans with our tuxedo rentals and flowers, but everyone was very lenient because the storm could not be helped and the hostesses worked hard to pull it off," said junior **Cheri Fenton**.

"I thought after replanning and setting back the dance, everyone still seemed to have a good time and all of our hard work paid off after seeing everything work out," said Carey.

During the dance, snacks and refreshments were served and students danced away the night to the theme song "I've Had The Time Of My Life," and 80's and today's music.

To help raise money, 30 hostesses planned out the dance by holding a car wash during the summer. They each individually paid $25 to help pay for the decorations and the DJ. The rest of the money was raised through tickets sold to couples for $25 and singles for $13.

Decorations were put up the day of the dance from 10a.m.-5p.m. and taken down by the hostesses after the dance.

"I had a lot of fun decorating. Everything matched the theme colors and the blue and white lights made it really look like a winter scene," said senior hostess **Jennifer Moore**.

Though it took a lot of dedication and planning, the chairs pulled off a night that students will never forget.

...by Kelli Welker

HOSTESSES: Row 1: *Jaime Rousseau, Melissa Khodal, Sheena Signs, Tiffany Carey, Amanda Edwards, Jennifer Moore, Jessica Foreman, Michelle State.* Row 2: *Meghan Templeton, Courtney Page, Daeneile, Williams, Ashley Armstrong, Venessa Boland, Shannon Griffiths, Alison Lowe, Mary Froehle.* Back row: *Kelli Welker, Krystal Pickett, Dawn Ritchie, Andrea Cook, Lindsey Carr, Tiffany Boggs, Lindsey Hews.* Not Pictured: *Angela Vertz, Heather Hutchinson, Chris Olson, Amy Goddard, Oralia Crooks, Michelle Ezzio, Kathleen Robinson, Sara Westergaard, Jessica King.* At left, these guys sneak away from their dates to show off their stuff.

Senior Mike DeMoss

"Those tuxes were so cool! I have to give them props for having the nerve to wear them. I wish I would have thought of that."

PLANNERS: TEACHING RESPONSIBILITY OR JUST GETTING IN THE WAY?

...by Heidi Bailey & Holly Hedberg

It's the beginning of fourth hour and senior **Dan McKee** takes his seat by the window. English teacher **John Raymond** begins the class with yet another lecture about Chaucer. Dan raises his hand and asks if he can go to the rest room. Anything to get out of this.

Raymond looks at the planner and says, "Dan, you've gone to the bathroom first, second, and third hour. Go sit down." "But I have a bladder infection!" says Dan. "Yeah, right," replies Raymond...BUSTED!

Raymond said, "One good thing about the new planners is that we can tell when students have gone to their locker or the rest room."

Over the summer the Academic Counsel discussed having planners for the 2000-2001 school year. The planners are meant to teach students responsibility.

"We decided to start using the planners this year due to the lack of organization of students," said Raymond. "We want to increase their organization skills."

There are mixed feelings about having the organizers and some students don't much care for them.

"They are small and hard to keep track of. I hardly ever look at mine and I am doing fine in school," said sophomore **Sarah Raymond**.

However, not everyone feels this way.

Junior **Pon Thipyothin** said, "I use my planner a lot. It's actually useful when I have homework and papers to turn in."

The planner is not only an organizer, but also a pass to get out of class. Students couldn't go anywhere without it.

"The only time I use my planner is to get out of class," said junior **Joe Kephart**.

A potential problem with the planners is that students have access to their own pass to get out of class. That leaves room for forging signatures.

Raymond said, "If we are going to run a school, we had better trust the students."

1. Lars Kruecke **2.** Brooke Nowadzky **3.** Erin Warren **4.** Jenny Oliver

Photojournalist: Heidi Bailey.

1.

2.

HOW do YOU se YOUR PlanneR

"I lost my plannner so now I can't go to the bathroom or anything."
~Senior Niki Ballantine

"To get out of study hall."
~Senior Christine Schreck

"I use my planner to keep track of my homework."
~Junior Dan Williams

"I use my planner as a coaster in my room. I always have a can of Mountain Dew sitting there."
~Senior Adam Winn

"For the first 3 weeks of school, my planner was in the trunk of my Cavalier. I found it under the spare tire when we sold it."
~Senior Ashley Gilbert

3.

4.

DANCING THE NIGHT AWAY, seniors *Jessica King* and *Paul Drey*, at top, get close and have fun. At top right, a group of girls pause for a quick picture. Because of the theme many people were creative and tried to dress in animal prints to match the jungle atmosphere. At right, seniors *Wendy Bradford* and *Andrew Graeve* are crowned spree King and Queen by senior *Kyrstal Pickett*.

Wendy Bradford
-Spree Queen

Photojournalist: Mullica Studios.

Welcome to the jungle

Spots, stripes, vines, stuffed animals. These aren't words people would generally use to describe the setting at a dance. But with the theme of "Welcome to the Jungle," this year's Spree could be called anything but normal. Spree was held on February 17 in the East High cafeteria and student center from 8-11 p.m.

The Pep E Club board made all of the decisions for the annual Spree dance. The members decided the theme, colors, song and all of the other goodies it takes to plan such a dance.

"We decorated the cafeteria and student center complete with live plants and stuffed animals for the effect," said senior member **Shawn Head**.

For the Pep E Club board, planning the theme wasn't as easy as it looked. Long days and endless hours were spent making the perfect decision.

"Coming up with the theme for the dance was a bit of a trick," said sponsor **Judy Luther**. "At the beginning of the year, around Homecoming, some of the members were thinking of ideas. Some of them wanted to do a 'Mardi-Gras' theme and then they came up with an idea of a 'Sock-Hop,' but then the jungle theme came up and everyone like it, so that's the one we went with."

Last year the theme for the dance was "Tropical Enchantment." It was held in the same place and at the same time. There were also a few extras at last year's dance including fortune telling and fake weddings. The turnout for last year's dance was considered a hit, consisting of about five hundred people.

"Last year's dance was okay, but it could have been better," said senior **Michelle Stanley**. "I thought that it would have been better if the dance was held in the small gym."

The colors of a dance depend widely on the theme itself and the colors this year went well with the jungle theme.

"The colors are green, black and silver. They work well together since there is a jungle setting," said senior member and club president, **Krystal Pickett**.

The dress to Spree wasn't as formal as other dances and the students could also wear anything consisting of jungle prints.

"I loved seeing all of the unique outfits and jungle prints," Pickett said.

Dances are a very big hit with high school students. The history of Spree goes back a long time. The first Spinster's Spree took place in 1934.

"The history is very interesting because it has been a tradition for so many years," said Luther. "It is something that most people don't know about because the history isn't written in stone."

_by Cheyenne Thompson

SPREE COURT

Andrew Graeve
-Spree King

Junior Candidates

-Junior
Tingkham Kamvanh

-Junior
Alex Kelly

-Junior
Rhi Nagy

Sophomore Candidates

-Sophomore
Junior Ochoa

-Sophomore
Emily Brandt

Freshman Candidates

-Freshman
Carlos Patino

-Freshman
Angie Puffett

MORTIFYING MOMENTS AND EMBARRASSING CONFESSIONS

...by Brooke Nowadzky

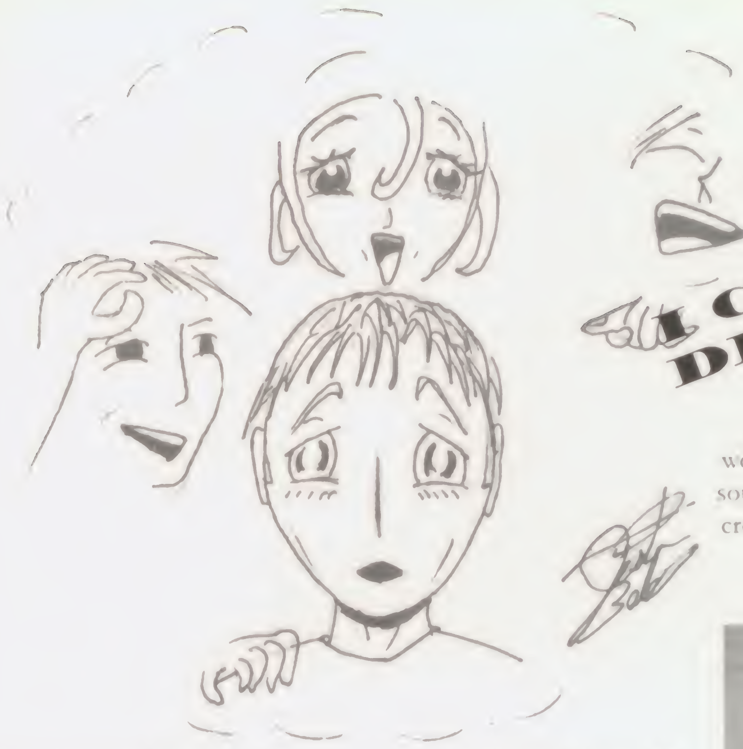
Secret Shames:

Everybody's got 'em (some more humiliating than others), so what's yours? Here are some of your fellow Scarlets' mortifying moments and embarrassing confessions...

"During night play rehearsal in December, a few people including myself, decided to wander up to the third floor because all the lights were out, and we wanted to see a ghost. Well, we went up there and I was hiding from the rest of the group when I heard music playing in the room that I was standing near. Somehow the door opened and hit me in the back. I screamed like a little girl and ran down six flights of stairs screaming into the auditorium.
Everyone laughed except me. I nearly wet myself."
– Senior **Shawn Head**.

"During my 'Hanson Stage' my cousin and I wrote a five-page story in hopes that it would be published in a magazine. The story was rather flattering, obsessive and basically expressed our lust for them. When the magazine came out we found out that a girl who had written a poem about them had gotten published, and my cousin and I cried for three and a half hours straight. If that wasn't bad enough, my older brother got the whole thing on tape! Now whenever I have a get-together with my friends, he busts out the tape."
– Sophomore **Elizabeth "Chuckie" Brilley**.

Art by: Justin Bales. Photojournalism by: Brooke Nowadzky.



I CANT BELIEVE I DID THAT!!

"One day we were playing scooter soccer in gym and I was wearing a pair of dress pants. I went for the ball and I heard a rip sound. I looked to see what happened and I had ripped the entire crotch of my pants, but it was 7th hour, and I was wearing boxers that day, so I guess it wasn't too bad."
– Senior **Mike Wolf**.

"One time my friend and I went to a concert at Frank's House of Rock. We had gotten there kind of early so we decided to go into the mall to pass the time. I saw this really cute guy so I said 'OW!' and made a click noise. He heard me, but I thought no big deal because I would never see him again. We decided that we should probably get back to Frank's because the concert would be starting in a little bit. Later that evening, PAX217, the band we had come to see, got on stage and performed. I thought the lead singer looked really familiar, and my friend thought the same. After the concert we went to get his autograph and suddenly it hit us. The lead singer was the guy from the mall! When it was our turn to talk to him he looked at me really funny, I think he remembered it was me! I was really embarrassed!"
– Senior **Wendy Mehl**.

"One time, some of my friends and I were re-enacting a funny moment from mock-trial (in middle school). I started laughing so hard that I peed all over Courtney Jones's fuzzy Elmo sweatshirt. I think she threw it away, or gave it to Goodwill, 'cause I saw one there the other day!"
– Junior **Savannah Wadsworth**.

WHAT WAS I THINKING?!

WHY ARE *YOU* IN AN ORGANIZATION?

"To get involved in something that I want to do and to promote it to other people to try to get them involved," said junior Angela Tonsi.

"So that I can remember my high school years as being fun and I can say tha I got involved and didn't just sit on the sidelines," said senior Shawn Head.

ORGANIZATIONS

FUN AND FRIENDS

With so many different clubs and organizations offered to students, trying to stay involved is not a hard thing to do. The variety in the EHS population makes it no surprise that the number of clubs is as extensive as it is. The students provide different expectations for each club, making them into what they want them to be.

From year to year, no group stays the same. Sponsors, members, presidents and boards are just a few examples of the many things that change each year, not to mention what each club does. The ever-changing trends provide for a different perspective every year.

Each group adds a distinctive service or flavor to the school. The clubs represent East and the expectations of the students. In the end, every group leaves its mark, as expected, but the unexpected always waits just around the corner.

...by Shawna McChurch

"Because I like what it's about and it's fun to be able to spend so much time doing something I love," said senior Paul Augspurger.

"[Academic Decathlon] is something fun to do and my friends are in it," said junior Jonathan Covalt.

"I'm in orchestra because I like playing the violin & cheerleading because it's a fun thing to do," said freshman Amanda McConnell.

"I'm involved because it gives me something to do that is fun and different," said sophomore Veronica Coe.

LASTING FRIENDships are made through club events and functions. At right, senior *Heather Hutchinson* and junior *Kendra Stephen* hug for a quick picture. At far right, students are cheering and clapping for a performing group at the homecoming assembly.

PEP IS SCARLET POWER

"I LIKE PEP E CLUB BECAUSE IT'S FUN AND YOU GET TO SIT WITH YOUR FRIENDS," SAID SENIOR KASANDRA LESTER.

People sometimes wonder who sponsors Spree or sells the football ribbons. Pep E Club, of course.

Pep E Club changed in a big way by adding a new sponsor. Multimedia teacher **Judi Luther** took over for geometry teacher Linda Nemmers.

"I enjoy being the sponsor and all the responsibilities," said Luther.

Pep E Club promotes school spirit and provides friendship for students. Club members sit on the bleachers on the gym floor during assemblies.

"It's tradition that Pep E Club sits on the floor at all assemblies," said Luther. "It's one of the benefits of joining."

Membership is open to all East High students for $1 at the beginning of the school year. There were 334 members this year.

"I think Pep E Club promotes school spirit because it gets you closer to the action during assemblies," said junior **Sarah Guhl**. "It gets you more excited."

Sitting on the gym floor for assemblies is not the only thing Pep E Club does.

"We have meetings every 2nd and 4th Wednesday mornings each month to discuss all activities," said Luther.

Their activities included delivering fruit baskets to East High retired teachers, homecoming activities, decorating the stadium, and sponsoring Spree.

Spree is a semi-formal dance held in February. They sponsor this dance as a fund-raiser.

"I liked Spree, especially the theme," said sophomore **Stephanie Carter**.

A board including students from each grade level is elected to coordinate activities. The president of Pep E Club is **Krystal Picket** and the vice president is **Andrea Cook**. The secretary is **Heather Hutchinson** and the treasurer is **Michelle Easter**.

...by Johna Leverich

SHOWING school spirit, students lift each other onto their shoulders and yell for the many people and oganizations recognized at an assembly.

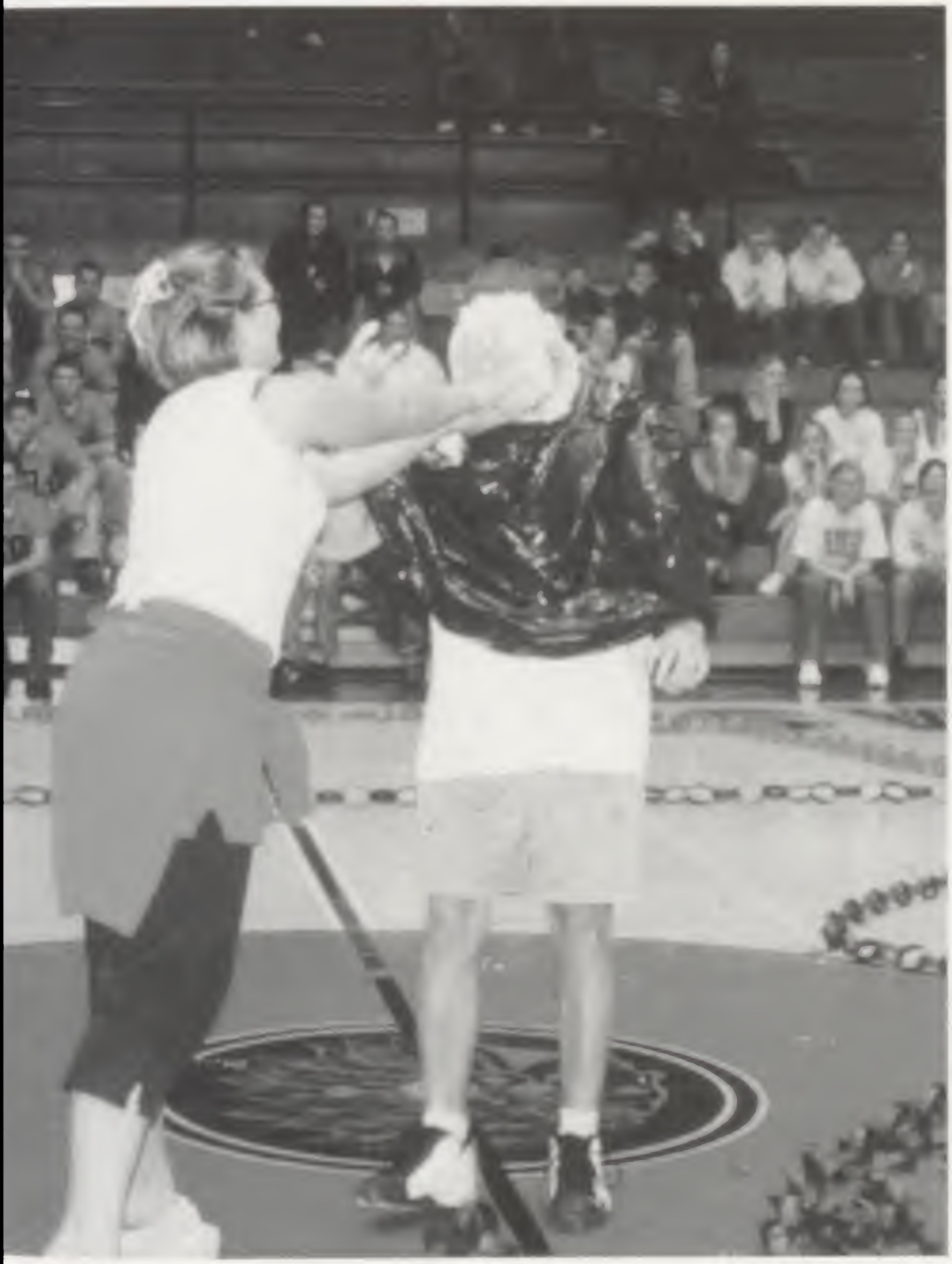
Photojournalist: Sarah Evans.

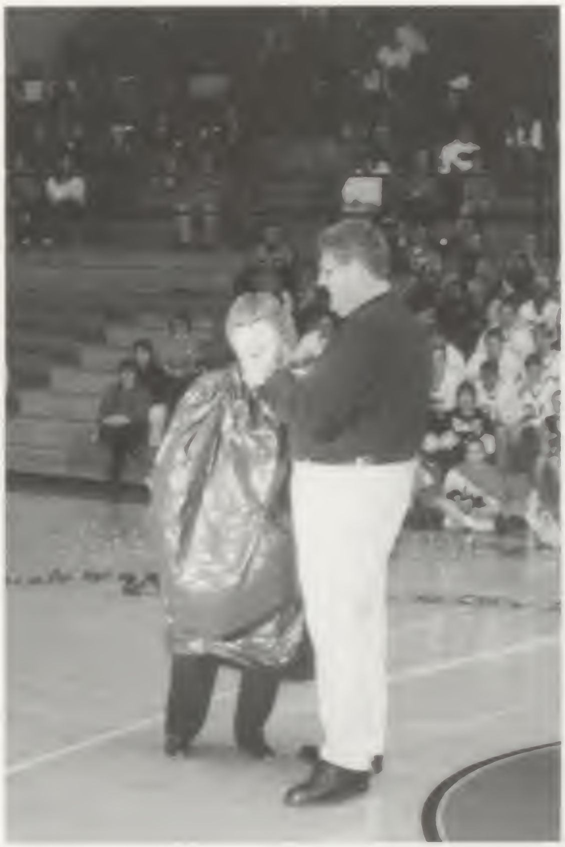
...Memorable Pep E Moments

"My favorite Pep E Club moment was decorating the stadium for the homecoming game."
... Senior **Shawn Head**

"Getting to see the homecoming queen and king closer than everyone else during the assembly."
... Senior **Kasandra Lester**

"All the times that I got to sit with the funnest people at the games and assemblies and make a lot of noise."
... Sophomore **Justin Constable**





AND THE WINNER IS. . . Coach *Brian Hoff* and English teacher *Julia Hagen*! During the week of homecoming students were allowed to vote on which teachers they would like to see get a pie in their face. At top, Hagen is awating her pie while, to the left, Hoff is getting creamed.

Student Government Constitution

Article II Purposes

Section 7

The purposes of this organization shall be: to provide significant learning experiences for students, staff, and the community; to develop behavioral evidence of good citizenship, scholarship, leadership, service and human values; to promote harmonious relationships; to improve morale; to assist in the management of the school; to provide a forum for student voices and channels for student involvement; and to provide for the orderly direction of school activities.

Student Government sponsor *Samy El-Baroudi*.

OH BEHAVE! SENIOR *Andrew Graeve*, above, poses for a picture as an Austin Powers look-alike on Costume Day. At right, seniors *Angela Vertz, Shannon Griffiths, Shawn Head and Bridget Davis* show off the food they collected. East beat Dowling in the competition by collecting over 5,000 food items.

Junior Achievement
JELL-O
BEANS

Photojournalist: Jennifer Golden.

JUNIORS *MICHELE Warnock and Amber Giles* (far left) dress up in '80s clothes for "Blast from the Past" day during Homecoming week. At left, seniors *Bridget Davis and Shannon Griffiths* pack canned food into a car. This was the first year for this humanitarian activity.

EXCEEDING THE AVERAGE STUDENT

"STUDENT GOVERNMENT IS FUN TO GET INVOLVED WITH," SAID HEATHER HUTCHINSON. "THE FUNNEST PART IS PLANNING HOMECOMING."

Every other Tuesday at 7:10 five kids met in room 201D for their Student Government meeting, led by President **Shawn Head**.

Student Government is a student-organized club. Teacher **Samy El-Baroudi** helps the students find events and projects to help the school and community out, but after that, he lets the students organize the rest of the project.

"Student Government is as good as the students behind it," said El-Baroudi.

At their meetings they discuss their latest commitments. One of the biggest things they did this year was put on Homecoming and they had to set up decorations, hire a DJ, select a court and sell tickets. Homecoming was so big this year that next year they have to find a different place to have it.

"I think that is really good that we packed the gym for Homecoming, it says that we did a good job," said secretary **Bridget Davis**.

They also put on two different canned food drives, a blood drive and a mixer to help fund the school. They contributed to the Memory Spiral by buying a paver.

"I enjoy being in Student Government because I get to help out the school in more active ways than most kids," said Head. "We are always doing something to help out either the school or the community."

Student Government exemplifies the school motto "For the Service of Humanity." The students planned, got materials ready, then tried to get others involved in their school and community, including the first canned food drive this year. It was a competition against Dowling. El Baroudi asked many other Des Moines schools, but Dowling was the only one to respond. East won by collecting over 5,000 cans, while Dowling collected 2,888 cans.

"We are always trying to get people involved and find more. Anyone is welcome to be in Student Government. Each candidate has to get 29 signatures, one from a parent, 4 from administrators, 8 from teachers, and 16 from peers.

Even though Student Government doesn't seem like the most popular club, it raises the most money. They have raised about four to five thousand dollars. Davis thinks the reason for that is because of how much Student Government helps out other clubs.

"We always are active in school functions, we like to raise money for the school and have fun with other clubs at the same time," said Davis.

...by Valerie Blackford

STUDENT GOV'T OFFICERS:
Angela Vertz, Shawn Head, Bridget Davis

How did you feel when you were chosen to be in...

NHS is a good group to be in for college references, and I'm happy and honored to be a part of it.

Senior Matt Breton

HONORED was how I felt when I was chosen to be a part of this highly respected organization.

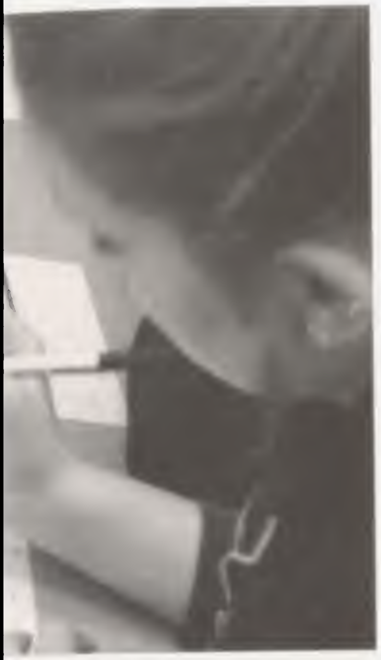
Senior Venessa Boland

SUCH a special organization seemed hard to get into. I feel lucky to have made membership after all of the expectations that NHS requires.

Junior Michele Warnock

SPONSOR *Linda Saddoris* reviews information at a Memory Spiral meeting in the library (above). Senior *Lacey DeMaio*, teacher *Jeff Bock* and senior *Krystal Pickett* attend a group meeting about the future of the Memory Spiral (right).

Photojournalist: Jennifer Golden.



SENIOR *Krystal Pickett* fills out an order form for one of the Memory Spiral's personalized limestone pavers (at left). People could buy them throughout the year. At right, seniors *Mary Froehle* and *Ernesto De La Cruz* discuss fundraising tactics to raise money for the Spiral at a meeting.

EXERCISING DEDICATION, SERVICE

> "I THINK IT'S REALLY ADMIRABLE WHEN PEOPLE IN [NHS] GO OUT OF THEIR WAY TO DO SUCH GREAT THINGS FOR THE SCHOOL," SAID JUNIOR JONNA EASTCOTT.

Every year at East, a unique group selects a few members of the student body to join them. If interested in membership, the selected few write an essay and fill out paperwork describing why they would benefit this group.

"I knew NHS did a lot of community service projects. I thought it would be a great group to get involved with," said senior **Tiffany Carey**.

After all of the paperwork and essays, the road is open for selection into the next chapter of National Honor Society, an organization dedicated to charities, service and making East and its community better.

This year one of the group's main focuses was on the Memory Spiral project.

"I think that the Memory Spiral will be the biggest accomplishment for this school," said junior **Michele Warnock**. "I think it has successfully raised awareness about the project and the history of East."

"The Memory Spiral project is a very important project this year, as it has been the past couple years, and will be in the future," said Carey.

But what exactly is the Memory Spiral? Many students have heard about it but still don't know what it is all about.

"The Memory Spiral is a project to build an outdoor classroom on the north lawn," explained Carey.

"A main point of the project is to display East's history. East has been a big part of the community for many years, and since our alumni does so much for East, the Spiral is to honor them and how they helped make the school what it is today," said senior **Venessa Boland**.

The Memory Spiral wasn't the only thing NHS did this year, however. In the fall, the group also set up a teddy bear drive.

The nearly 100 teddy bears were donated, mostly by staff and students at East, then taken to the Festival of Trees on November 18. From there they went to Blank Children's Hospital, where they were to be distributed to some of the sick children.

"I think we had an okay turnout for the bears," said junior **Jonna Eastcott**, "but I feel we could have done way better if we would have gotten the word out about the drive more than we did."

"I think it went well, mostly because it was a different type of charity rather than a food or clothing drive," said Boland.

Despite how great some of the activities and charities may seem for NHS, a lot of time, dedication and hard work are involved.

"NHS is a big part of the school," said Boland, "and it's very respected. It's made up of exceptional individuals who can put forth the extra effort and the extra time that is not always so easy to find."

"Most mornings when NHS holds meetings, it's hard to get up so early to be at school," said Eastcott. "I think it's really admirable when people in this group go out of their way to do such great things for the school."

...by Cheri Fenton

It wasn't always easy...

"...when numbers came up missing for the Race for the Cure participants, we had to deal with a lot of annoyed people," said sophomore **Beth Widlund.**

"...when we had to unload heavy boxes of shirts for the Race for the Cure. My back hurt for two days!" said sophomore **Amanda Armintrout.**

"...when I went to do work for the Race for the Cure and everything was disorganized. I was so confused at first," said freshman **Courtney Chaplin.**

THREE KEY CLUB members score a sale. Chocolates sold in a fundraiser became a big hit and many students were eager to buy.

Photojournalist: Melissa Khodai.

SENIORS *KELLY ALSHOUSE, Jessica Sweet* and junior *Danelle Drayton* sit in the Student Center waiting to sign up volunteers for a club project. All students in the school were welcome to join in with club members.

"I LOVE TO HELP PEOPLE OUT, AND I'M GLAD I LET KEY CLUB UNLOCK MY HEART," SAID SOPHOMORE SARAH RAYMOND.

HELPING IS THE KEY

Helping people out and unlocking hearts is the goal of Key Club. So go ahead, unlock your heart. That's what the members and sponsors of the Key Club are trying to get across to teens. Key Club is a club built with love and compassion for the community and the people that live in it. Teens are finding themselves being asked by Key Club, " Will you let us unlock your heart?"

Every year, thousands of people race for the cure of breast cancer. This year's 13,000 beats last years 9,000. The race couldn't be as successful if it weren't for the volunteers from the Key Club.

The volunteers woke early to stuff packets, hand out numbers and cheer the runners on.

"It was a fun experience and I felt good about helping out," said sophomore **Tiffani Byrd**.

The race began at 7:30 a.m. and lasted until 10 a.m. The race started and finished at Sec Taylor Stadium. Key Club volunteers started there with their work. Two days before the big race, the volunteers were set up at Valley West Mall.

"Things weren't very organized. Numbers and shirts were missing. A new board was in charge and we think that's why," said sophomore volunteer **Amanda Armintrout**.

Des Moines newscaster Jeanette Trumpeter was out interviewing at Sec Taylor while volunteers set up for the race.

"It was cool to see her there. It made all the volunteers feel like we were really doing a good deed and helping a really good cause. It made us feel important. My friend was interviewed and there was a special on the news about the race," said Byrd.

Along with Race for the Cure, Key Club has many other jobs set up throughout the year.

"We try to help out as much as we can. There is so much to do out there, and so many people that need help. It's our job as a community to get involved. That's what Key Club is all about, getting involved," said Key Club sponsor **Christine Martin**.

The club has visited convalescent homes and homeless shelters.

"When I went there I was amazed at how much our visit affected those kids. They had a lot of fun and so did we. I plan to be apart of Key Club for the rest of my school years," said sophomore **Jason Metheny**.

"I'll be honest, I don't really get into helping out and volunteering, but I will never forget the good feeling I got when I volunteered with Key club," said sophomore **Sarah Raymond**. " My friend talked me into it and I was just going along with it. The next thing I knew, I was having the time of my life and promising to volunteer more often!"

"There is no hard work involved and volunteers always choose the projects they want to work on," said sophomore **Kelly Poland**.

"Key club isn't about attendance and meetings," said Martin. "There are meetings for the officers to discuss projects and there are sign up sheets for anyone who wants to volunteer."

"It's just important that you show up if you sign up because there are people that will be relying on you. It reflects back to our school when someone doesn't show up," said Armintrout.

...by Holly Hedberg

TALKING ABOUT DIVERSITY

"It's good being in Voices of Change because if you change even one person's mind, then you have accomplished something," said Brooke Nowadzky.

Traveling all around the Des Moines area and to other states sounds like fun, and that is just what a group of students who call themselves the Voices of Change do.

They are a drama group who travel and do skits on many tough subjects and hard topics for most people to talk about – like teen pregnancy, homosexuality, drugs, racism, sexism and discrimination.

"I joined this group because a lot of people don't realize that these problems are real and I want to help make a difference," said senior **Brooke Nowadzky**.

"The opportunity to educate people and maybe change their mind and give them a good outlook on diversity is a blast. It makes me feel like a better person, like I'm doing my part in the world," said junior **Ellen Rothweiler**.

Some of the places that this group has gone include other high schools, elementary schools (where they modify their skits to fit the age group), workshops in other cities for teacher in-services and skits around the Des Moines area.

"I really like going to other cities because you see the diversity of the people and community," said Nowadzky.

When you join Voices of Change, you are automatically a member of Leadership Council. As members of Leadership Council, the students work with their peers to eliminate conflicts associated with bigotry, racism and prejudice.

"Leadership has taught me that it's all right to be different and to accept those who are different. Being different is what makes people special," said junior **Amanda Davis**.

All participants of the Leadership Council take part in a student exchange. The students visit a school and invite other students to visit East. Last year the student exchange was held at Greenfield High School. This year they were held at Boone High, Strawberry Point High and Mount Pleasant High.

"The student exchange was a new experience. Last year the kids from Greenfield were totally different from what I expected. I thought they would be dorky, farmer kids. I was wrong," said junior **Andrew Anderson**.

...by Jennifer Oliver

Front Row: Danelle Drayton, Val Gomez. Row 2: Rebecca Rodriquez, Savannah Wadsworth, Elizabeth Brilley, Ellen Rothweiler, Brooke Nowadzky, Tela Robinson. Row 3:Pon Thipyothin, Bridget Davis, Sara Neer, Chaya Franklin, Kathy Lee. Back Row: Amanda Davis, Andrew Anderson, Neal Paul.

Photojournalist: Sarah Evans.

TO THE LEFT THE LEADERSHIP council poses as part of the student exchange program. Below, junior *Savannah Wadsworth* chats with the students she took around with her the day of the student exchange. The student exchange program works like this: the East students go to their school and spend a day with them, then some of their students come to spend the day at East.

REACHOUT educates young people about HIV and AIDS

R.E.A.C.H.O.U.T.— (Responding to and Educating Adolescents Concerning Healthy Options Using Theater)

Started by East drama teacher **Ruth Ann Gaines**, 5 drama students and Planned Parenthood.

REACHOUT is a dramatic performing group that travels around schools to educate young people about HIV and AIDS.

FANATICS ABOUT LEARNING

"I LIKE AD BECAUSE YOU MEET PEOPLE WHO LIKE TO LEARN AS MUCH AS YOU DO AND THEY AREN'T ORDINARY PEOPLE. THAT'S WHAT MAKES IT FUN.
– SENIOR *BRIANNA FRANK*.

Football, swimming and track, they all take physical endurance, but what about competition that stimulates the mind? East has three teams of students who take part in academic competition.

The Destination Imagination team consists of seven students and is sponsored by science teacher **Deborah Neustadt** and coached by parent **Eileen Swoboda**. The program replaced Odyssey of the Mind a few years ago. It teaches students life skills and has expanded their imaginations through team-based creative problem solving. It emphasizes creativity through brainstorming, divergent thinking skills, presentation skills and teamwork.

"Basically we're given a problem at the beginning of the program, which starts in October. And then we have until March 10 to create a seven-minute play which provides the solution to the problem," said junior **Heather Jones**.

The Knowledge Bowl is also sponsored by Neustadt and consists of eight students. In this program students answer trivia questions about random topics and subjects.

Academic Decathlon (AD) is the biggest of the three groups with 12 participants. While taking tests may not be on your top ten list of most fun things to do, that is basically what this program consists of.

"Decathlon is a wonderful opportunity for learning. I've been in it since I was a freshman," said senior **Brianna Frank**.

There are ten areas that team members are each individually tested on and also have a single area, which is like a super quiz, because it is three different areas in one test. The super quiz has philosophy, religion and psychology all together. The team usually has nine people on it with at least three alternates.

"I think I like it the most because of the people you meet, its not like people who competitively take tests and enjoy it every day," said Frank.

The sponsor of AD is science teacher **Maureen Mays**, who was assisted by science teacher **Keri Fromelt**. They are new to the program and had a lot of optimism about the team as the year went on.

"I think that East High has a great reputation for our AD because in the past five years we've finished within the last top ten places in the state," said Mays.

The AD team qualified and competed at state competition in March. Medal winners from the regional contest were: Junior **Sarah Guhl** who got a bronze medal in music, senior **Brian Brookshire** who got a gold medal in interview and economics, senior **Kira Campos-Anderson** who got a gold in music, junior **David Fuller** got three bronze medals in math, music and science. Frank, however, took it all with seven medals. She received a bronze in music, silver in speech, economics, language and literature, gold in art and for the best all around score.

The three teams challenge their minds daily to see how much they can remember and learn, all while having fun.

...*by Debbie Montis*

Students above, study hard after school for AD. At bottom, freshman *Andrew Van Gundy* rehearses his solution for Destination Imagination.

Photojournalist: Lindsay Carr.

KNOWLEDGE IS POWER. . .

...by Michelle Warnock

The members of Academic Decathlon (AD) achieved their year-long goal of making it to state.

AD members study at their after school practices to bulk up their knowledge so they can score high on the tests at competitions. In order to advance them to state they must compete at regionals and practice against other schools through television in the ICN room at East.

At these competitions, besides taking tests, the team has to give speeches and improv speeches that are three to four minutes long on the topic of their choice, but this isn't the most dreaded part according to senior **Kira Campos-Anderson**.

"I think the essay portion was the hardest for me personally," said Campos-Anderson.

Knowledge is the strength that makes competition easier, and leads this team to victory. Experience is the way to get that knowledge. Senior **Brianna Frank** believes that from the time she's spent working on the AD team.

"I have been in AD since my freshman year, and every year I get more priceless information that helps our team in competition," said Frank.

TALKING AND preparing after school (above), the Knowledge Bowl team meets. At left, AD members do research for their upcoming competition. With all their determination and studying they were able to qualify for state in the spring.

INVESTING HELPFUL TIPS FOR LIFE

"OVERALL, THE ONE THING I LEARNED FROM THIS PROGRAM IS THAT, YOU'LL SUCCEED IF YOU TRY," SAID SOPHOMORE DEBRA WAGNER.

Imagine yourself walking into a company for a job interview. You go inside and look around. The receptionist asks, "How may I help you?" You say, "Yes, I am here for an interview with Dr.Thompson." She says, "Okay, I'll tell him you're here."

You sit down and wait patiently for your name to be called. Finally, five minutes later you hear your name and you follow Dr.Thompson into his office to be interviewed. Then you start panicking. You start to ask yourself all kinds of questions.

For example: What do I have to do to get hired? Am I answering all the questions right? Do I know what position I'm applying for? Why does he keep looking at what I'm wearing?

These are examples of some of the questions that can be answered by East's **Fannie Cunningham**. Cunningham is currently in charge of a program called New Horizons, offered to students who are looking for a job, need work experience or need assistance with job-related subjects.

"Students who are involved in this program get a ½ unit of credit per semester," said Cunningham. "This program is mostly designed for students who need to catch up with their credits but students from all grade levels can be in this program."

Credits are not the only thing the students are receiving, they also benefit from this program by earning money, knowing what it takes to keep a job, learning the importance of attendance and being prepared for a job interview.

"I learned a lot of things from being in this program," said junior **Val Gomez**. "Almost everything I need to know about finding a job, keeping a job, determining my wage and finding a job that can lead to a career."

Students involved in this program are required to learn the Bridge Career Development Program. In this program, students develop their own electronic portfolio. The portfolio contains a completed resume and valuable career information that interests them. They maintain that information throughout their high school career, according to Cunningham.

"We have a lot of responsibility as an individual," said sophomore **Debra Wagner**. "We are required to report to Mrs. Cunningham once a week to keep her updated and respect our employer so that we don't get fired. We also have to keep our job for at least a year."

Each student is required to have a job to receive credit. If they don't have one this program will find them one. Some students have their own jobs to start out with.

"We are supposed to have a job so that we can get evaluated by an employer," said junior **Noemy Carrasco**. "Our supervisor evaluates us four times a year and that gets turned into Mrs. Cunningham."

Some of the things the employer (supervisor) evaluates are job performance, attendance, quality of work, dependability, courtesy and co-worker relations.

Cunningham said that the New Horizons program has been around for over 35 years and has helped many students achieve their goals in life. She encourages students who may need help in job finding or need work experience to join this program.

"I couldn't have found a better job myself," said sophomore **Kim Wagner**. "I made some money and that can help me pay for college and other expenses."

...by Pon Thipyothin

SEARCHING FOR A career of her interest, junior *Quashonda Shields-Perrin* and a friend wait patiently for the results of a computer survey. Students store this information in their portfolio.

Photojournalist: Melissa Khodai.

LOOKING AT HER evaluation sheet, senior *Jackie Chaffee* ponders the results. Each student receives a grade for this program based on the evaluation report from their employer.

Inspiring Quotes

"Chance is always powerful.-Let your hook be always cast; in the pool where you least expect it, there will be fish.

-Ovid (B.C. 43-18 A.D.)

Success isn't something you chase. It's something you have to put forth the effort for constantly. Then maybe it'll come when you least expect it. Most people don't understand that.

-Michael Jordan

If you're not learning while you're learning, you're cheating yourself of the better portion of your just compensation.

-Think and Grow Rich

We all start out in life with one thing in common; we all have the same amount of time. It's just a matter of what we do with it.

-Harvey B. Mackay,
Entrepreneur and Author

If you board the wrong train, it is no use running along the corridor inn the other direction.

-Dietrich Bonhoeffer

Even if you're on the right track, you'll get run over it if you just sit there.

-Will Rogers (1879-1935)

It is no profit to have learned well, if you neglect to do well.

-Publilius Syrus (~ 100 BC)

Plan your work and work your plan.

-Napoleon Hill

Opportunity is missed by most people because it is dressed in overalls and looks like work."

-Thomas Edison

Do you know where the money comes from?

"I knew where the money was coming from because the Booster Club does so much for us."

Senior ***Kathleen Robinson***

"I knew where the money comes from because I work all of the home basketball games for the Booster Club."

Junior ***Cheri Fenton***

"I didn't know that the Booster Club raised the amount of money that they do for athletes. It's nice of them to do that because it's never fun having to fundraise all the time to be able to have the equipment you need for the sport you're in."

Junior ***Aaron Hook***

Kicking back, junior *Kati Bainter* snuggles up before a football game at a tailgate party. There were many of these held before home games.

Photojournalist: Amy Preas

Yum! Senior *Andy Graeve* flips his burger at a tailgate party held by the Booster Club before a home football game. At left, teacher *Derek Lounsberry* struts his stuff in a PTSA skit at the Homecoming assembly.

"OUR JOB AS MEMBERS IS TO BE ABLE TO SUPPORT THE SCHOOL'S ATHLETIC FINANICAL NEEDS," SAID *SHARON PAGE.*

HAVING SCHOOL SPIRIT

Hey sport fans, do you know where the school's athletics department get its money? Well, all of the money comes from fundraising. From working concession stands to taking tickets at sporting events, the Booster Club raises money for EHS teams.

"Our job as members is to be able to support the school's athletic financial needs," said Treasurer **Sharon Page.**

The Booster Club is made up of anyone who contacts an officer and pays a ten-dollar fee. One parent from each sport represents their team at the monthly meetings held on the second day of each month.

"At the meetings each representative gives their team's fundraising requests," said Page.

The club has a lot of responsibilities providing for 19 teams. The talent and attitudes of the teams are up to the players and coaches, but when it comes to what the team is wearing or what they are using for the sport, it's up to the club.

"There is no way we could have provided enough quality equipment for football without the help from the Booster Club," said head football coach **Darrin Fisher**.

The Booster Club isn't the only organization around the school that's trying to change the school for the better. Another very helpful organization is the PTSA (Parent, Teacher, Student Association).

The whole reasoning behind the PTSA is to make East a better school for the students in and out of the classroom. The group also does a lot of event planning for the school.

"Recently the post-prom party was transitioned to the PTSA to oversee. We have meetings towards its planning. This project has been the primary focus this year," said PTSA officer **Susan Griffiths**.

Some of the planning began last summer when some parents put together a pancake breakfast at Pleasant Hill's Summerfest as a fundraiser. Then during the football season some of the senior board parents worked in the concession stands to add more money.

PTSA officers Susan Griffiths, **Phyllis Smith**, and **Twila Webb** also served on the East High Building Design Committee. The PTSA purchased a limestone paver for the Memorial Spiral.

Joining the organization is no problem. Anyone wanting to join should contact president Griffiths, and sign up right away.

"We want to try to be present at the conference days at East to answer questions and solicit involvement," said Griffiths. "Next year we will return to memberships and dues."

The PTSA is what East needs to make it become the best school it can be, according to **Jane Christensen**, school secretary.

"Historically the numbers active in the PTSA are low. At the first meeting of the school year, it was discussed if we could even keep the PTSA visible at East," said Griffiths. "We determined that we definitely have a need for the PTSA at East, and thanks to a small core group of parents and staff, we have kept the PTSA going."

...by Joe Kephart

STUDENTS HELPING COMMUNITY

"THE BEST PART OF RIP IS WORKING WITH THE KIDS AND KNOWING THAT YOU ARE MAKING A DIFFERENCE IN THEIR LIVES."
– SENIOR JESSICA SWEET

S.O.D.A. – Students Okay Without Drugs and Alcohol.

It's a program that's designed to find things for students to do besides use drugs and alcohol. The club was started last year by alum **Emily Johnson**.

"Emily did a really great job of getting things off the ground, she kept it going even though we only had a few people," said senior and co-president **Andrea Brockman**.

Another program that was dedicated to helping keep kids away from drugs and alcohol was Rock In Prevention (RIP). RIP is a group of students who went to area elementary schools doing skits and sing songs for kids. They are spreading the message that drugs and alcohol are not the way to go.

"It's a lot of fun to be able to go to the elementary schools and know that you are making a difference in someone's life," said senior **Jessica Sweet**.

While RIP did much throughout the year, SODA not many activities were planned for the first semester, but second semester the group had a few more ideas. They had a bowling trip to go on and received the chance to design a bulletin board in the school with warning statistics of high school kids and drugs.

When RIP would visit schools they would adjust their performances to fit the age group that they were speaking to.

"For the younger kids we sing and dance, but for the older ones we do skits and more serious things. That way we are able to reach kids at the level they are at," said Sweet.

The two presidents are both seniors and would really like to see the club continue in later years.

"We really need some more members so that will be able to make a difference," said Brockman. "It was a fun year at best and it is a really great club as long as there are dedicated people to run it."

...by Debbie Montis

TAKING A BREAK *(at right) from her hard work singing and dancing for kids , senior Heather Hutchinson smiles for the camera. At far right, students of all ages listen to a speaker.*

pat mcmanus
LIFE

Photojournalist: Mindy Quintance.

CLAPPING AND singing, East students lead elementary kids and adults alike in song and dance to encourage a happy, drug-free atmosphere.

STUDENTS TAKE *A BREAK from performing for elementary students at the Crusoe Umbrella downtown.* Junior Joe Kephart and seniors Becky McAleavy and Clint Nereim (above) hug for a quick picture. At top, teachers and students cheer for the commitment they've made to stay drug and alcohol-free.

PREPARING FOR THE PLAY, sophomore *Elizabeth "Chuckie" Brilley* and senior *John Knox* rehearse a scene about the duties of being an adult . At right, senior *Erin Quigley* and junior *Johna Leverich* chat at a night rehearsal while senior *Shawn Head* cheeses it for the camera.

EVERY CLASS HAS clowns...Theater Arts has many. Seniors *John Knox* and *Dan McKee* are just a few who take time to show just how crazy they can be. Far right, junior *Ellen Rothweiler* slides across the stage to relieve the stress of night rehearsals.

Photojournalist: Michele Warnock.

THOSE CRAZY girls! Juniors *Ellen Rothweiler, Savannah Wadsworth* and senior *Brooke Nowadzky* take a break from practicing to do a little dance and pose for a picture.

"I LIKE THEATER ARTS BECAUSE IT'S THE ONLY CLASS I CAN BE MYSELF IN AND NOT GET MADE FUN OF FOR BEING WHO I AM," SAID SENIOR *WENDY MEHL*.

TIME TO GROW UP

To be or not to be…in kindergarten again! But going back is impossible, right? Wrong! The Theater Arts fall play gave students the chance to do just that.

The class performed the play "All I Really Need To Know I Learned In Kindergarten" on December 7 and 8.

"It was really fun being little again. It brought back a lot of good memories," said junior **Savannah Wadsworth**.

Everyone knows that plays don't direct themselves, it took months of preparation. For two weeks the class read the script out loud and in character, then parts were cast.

"It was a little difficult to cast parts because the original cast consisted of five people," said teacher **Ruth Ann Gaines**.

"I was really happy with my parts because it challenged my acting skills and helped me improve," said senior **Shawn Head**.

After the in-class work comes out of class work. Night rehearsals started a month prior to opening night, and were three nights a week from 6:30 until 10. The week before the play, the practices are every night.

"A lot of people weren't showing up for practice, so one night we were here until 12:30," said senior **John Knox**.

"It was really hard waking up the next morning," said Wadsworth.

Finally Thursday, December 7 arrived…opening day. A matinee was performed for about 250 students and a few parents. A night performance was held on Friday.

"I think the Friday performance went a lot smoother because we were still working out some bugs when we had the matinee," said junior **Ellen Rothweiler**.

On Saturday, the performance was dedicated to Drucilla Straub, who has been a Des Moines kindergarten teacher for over 50 years.

"We figured since the play was about kindergarten, who better to dedicate it to?" said Gaines.

"It was really cool when we met her because she had a copy of the book 'All I Really Need To Know I Learned In Kindergarten' and she had everyone sign it," said senior **Tricia Wickersham**.

After the play was over, it was time to go back to rules and responsibilities – and planning the next play.

…by Brooke Nowadzky

I CANT WAIT FOR summer vacation! is what teacher *Ruth Ann Gaines* is thinking. It looks like the stress finally got to her.

BUSINESS MEETS EDUCATION

"TO PREPARE FOR PRODUCTIVE LIVES IN BUSINESS AND OFFICE CAREERS AND WORK TOGETHER TO DEVELOP PROFESSIONALISM AND LEADERSHIP."
~ BPA Mission

BPA students sat in anticipation this spring as adviser **Mary Jane Kaldenberg** announced this year's location for nationals — Anaheim, California. They even reserved Disneyland for one evening just for Business Professionals of America.

"First we compete at regionals. Then we automatically make it to State, but we have to place at State in order to make it to nationals," said senior **Linda Phongphetpannha**. "Competing is a part of BPA."

BPA is a part of Office Education (OE). There are three parts to OE: the class, the club and the co-op.

The club is BPA. Each student in the Office Education program is automatically part of the club. It is a requirement that the students be part of the class, have at least one computer class and be either a junior or a senior. There are usually about 15 members. This year there was only one boy in the program.

"Being the only guy can get a little lonely," said senior **Othay Thongdam**. "The girls all have conversations about 'girl stuff' and I feel a little left out, but it's all good because I am surrounded by ladies."

"I wish that more males would join," said Kaldenberg. "I think the reason why they don't is because they think that it is a secretarial–type class, but it's not. It's to prepare all students for the business world."

Office Education itself is the class.

"In class we learn how to type business letters, memos, tables and other things like that," said junior **Ashley Bennett**. "This class is a great way to meet new people and train for Nationals and our co-op jobs."

Co-op jobs put BPA members in an office setting ranging from local schools to Principal Financial to Pomerantz Diversified. The students receive a credit for the class and then an additional credit for their job. The employer, based on the student's job performance, grades them. Then the students are also graded in class based on their business decorum and the work they hand in.

"This class has gotten me a great job working at Principal and not only has it made me be more responsible, it will look great on my resume," said junior **Amanda Reed.**

Kaldenberg said that this group of students had the "best attitudes, most positive work ethics and were the most receptive" of any she has had in all of her seven years at East.

Senior **Ashley Gilbert** said, "I have been in this program for two years now. I think this year has been the best. Students are a lot more involved."

There are officers for the class, then there are also state officers and national officers. Iowa has an officer in the national office. East High has an officer in the state office.

"I am the state secretary-treasurer," said senior **Meghan Templeton**. "I help organize the State Leadership Conference and I prepare the minutes for each meeting."

The goal of both the program and Kaldenberg is to "prepare for productive lives in business and office careers and to work together to develop professionalism and leadership."

Kaldenberg said, "I just want to help each student to develop to their fullest potential."

...by Heidi Bailey

BPA MEMBERS, below, show off the cute little packages full of sweets that they made for the new teachers as a welcome gift.

AT FAR RIGHT, are seniors *Heidi Bailey*, *Meghan Templeton*, *Ashley Gilbert*, *Niki Loftus*, and *Ashley Armstrong* at the State Leadership Conference. At left, Templeton and Loftus exchange gifts at the BPA Christmas party.

Photojournalist: Jesse Bainter.

BPA

Board Members (from bottom)

Amanda Reed--Historian, Ashley Gilbert--President, Meghan Templeton--Secretary, Jennifer Hyde--Assistant Historian, Outhay Thongdam--Treasurer, Ashley Armstrong--Vice President.

NO STAR
TOO
FAR

CHEESE!! AT FAR left, a few seniors pause for their 15 minutes of fame. Next, senior *Megan Templeton* campaigns to be a state officer, helped by senior *Niki Loftus*. At near left, Templeton accepts her win as an officer. Below, junior *Linda Phongphetpannha*, senior *Outhay Thongdam*, and junior *Amanda Reed* wrap presents for the family they adopted during Christmas.

COLLEGE BOUND KIDS

College is something most students don't think about until their final high school year, but two extracurricular programs have students thinking ahead of time: Science Bound and Upward Bound.

Science Bound is a scholarship program to Iowa State University for minorities who are under-represented in the areas of math and science. The program also helps students get accustomed to college life and get money for room and board.

"Students in the Science Bound program get a full tuition scholarship if they major in math or science," said sponsor **Annette Ryun**. "The college really helps them get what they need."

Students are selected for the program in seventh grade and they start the following year. To remain in the program, students are required to attend 75% of the weekly study meetings and maintain their GPA at 3.0 or above.

"Attendance and grades are probably the only reasons a person wouldn't make it to senior year," said senior **Ernesto De La Cruz**. "But it's worth staying in because of the scholarship."

Science Bound students also visit ISU four times a year to learn about the math and science fields.

"I like the trips," said sophomore **Ashley Taylor**. "They help you see what college is like, plus you get out of class."

Another college preparation program is Upward Bound. Upward Bound (UB) is a federally funded program in which students from Des Moines and surrounding areas spend about six weeks in the summer taking classes at Central, Simpson or DMACC College. Students live on campus in dorms while attending class in the summer.

"Taking the classes and living in the dorms really lets you see what college is like," said junior **Patrick McGravey.**

Besides taking classes, UB students also go on a year-end trip.

"We went to Kansas City this year," said junior **Lan Boutdara.** "We went to World's of Fun and museums and it was fun."

During the summer students receive $15 each week to make up for any summer jobs they would've had. During school, the students receive $30 each month, which is given as encouragement to stay in the program.

"I like getting paid each month," said junior **Austin Kayser**. "I usually really need the money."

Although both programs have obvious benefits, the best may not yet be realized until later in students' lives.

"It really makes you look at your future and decide what you want to do," said junior **Misty Waltz.** "Upward Bound's definitely something that will help you get to where you want to be."

...by Holly Buch

"FOR ANYONE THAT WANTS TO BE IN UPWARD BOUND, I'D TELL THEM TO PACK TONS OF CLEAN UNDERWEAR," SAID JUNIOR PATRICK MCGRAVEY.

AT RIGHT, STUDENTS DISCUSS EVENTS AT a Science Bound meeting. Above, senior *Oliver Powell*, sophomore *Ashli Taylor* and junior *Pon Thipyothin* sell carnations for a fundraiser. The flowers were sold to raise money for the club's annual summer trip to Chicago, taken every two years.

Photojournalist: James Avon.

SENIOR *DANIELLE Campos-Anderson* and junior *Noemy Carrasco* get ready to leave a Science Bound meeting. At the meetings, students studied for classes and planned future club activities.

Funniest Upward Bound Memories

"In the dorms, when (junior) *Eric Lopez* ran down the hallway naked," said junior *Patrick McGravey*.

"When (junior) *Austin Kayser* wore a dress for lip sync and sung songs from *Grease* ," said junior *Lan Boutdara*.

STUDENTS STEP BEYOND THE CLASSROOM

"Spanish Club is a good club to learn about Latin cultures," said junior Noemy Carrasco.

Some students take classes like French and Spanish and other elective courses for a credit, to meet a college requirement or maybe just because of a curiosity, but some students go beyond the class and join the club.

"The class and the club are completely different," said junior **Cheri Fenton**. "It's experience versus book work. In the class you learn it, in the club you experience it."

Spanish Club has annual activities such as bowling, skating, and a hayrack ride with a marshmallow roast and hot chocolate.

"Doing things outside of a classroom atmosphere brings the kids from different levels of the class together," said sponsor **Kathy Hansen**.

They also ran the concession at a football game to raise money for a Spanish dinner. Columbus Day was celebrated with a banquet from Raul's Mexican Restaurant.

French Club also has annual activities, one being a French dinner. The meal consisted of five courses. First came a potato and then snails. Next, the main course of chicken, steak or fish with a vegetable. After the main course they had salad made of spinach, cabbage and vinegar oil dressing (no French dressing). Last was dessert, cretpessqette, which is a stack of thin pancakes in syrup and fruit, or maybe something with flaming cherries. "It's fun to be able to get together and just hang out with some of the French students from different classes," said junior **Katie Freel**.

The club annually sponsors a school-wide performance by the Boston Flamenco Dance Troop. They visit in the late fall and present three performances: a French dance, Spanish dance and a Central American dance.

"The dances are really neat but my favorite part is the outfits, especially the womens' dresses," said Freel.

French club sponsor **Susan Lorence** believes having a club that exposes students to different cultures is important. She takes members to the zoo, restaurants, museums and homeless shelters to give them opportunities, experience and get them involved in community service.

"I think knowledge promotes tolerance to things that are different," said Lorence.

...by Melissa Mills

LACING UP TO skate, at right, senior Spanish Club members *Jenny Golden* and *Ashley Armstrong* get ready to skate. For many Spanish Club members ice skating was a new experience. With a roll right down the center, senior *Trevor Ashby* tries for a strike during one of the Spanish Club's favorite activities, bowling.

Photojournalist: Katie Hull.

ALL DRESSED UP, French Club members pose in front of The French Cafe in Omaha. While in Omaha the club also visited museums and shopped at vintage stores.

GROUP EVENTS TAKE PLANNING, and, above, the French Club is in a meeting. Club officials attend meetings and then pass the decisions to everyone else. Above, at top, Spanish Club 'chicos' find time after school to discuss their activities for the coming months.

New Sport with a new attitude

Senior **Trevor Ashby** wipes off his hands and picks up his ball. He looks at the TV screen above him flashing his name telling him it is his turn. He puts his fingers in the holes, getting the perfect grip and slowly begins his walk to the line. His arm swings back and the ball starts its descent down the lane.

Ashby holds his statuesque pose, leaning back and forth trying to control the path of the black object down the alley.

Boom! The ball hits the first pin head on, and, instantly, all ten fall. Ashby turns around quickly to do his little dance and shares his strike with the rest of his team members. This just a normal day of practice for a member of East's new bowling team.

"My friends and I used to go to bowling just for fun, and I got pretty good at it. Over the summer I was in a couple of tournaments. I thought it was cool that the school was starting a league," said Ashby.

The team practices every Monday after school preparing for meets on Thursday nights. After their practice they determine who bowls varsity and at which spot.

"Unlike most sports, it isn't so serious. We have fun while we practice," said Ashby.

The team is currently 2-2, and, according to Coach **Terrie Fenstermann**, the whole idea seems to be a big success.

"The kids on the team are students who, in the past, were not involved in any winter activities," said Fenstermann. "They all are improving their skills and really seem to be enjoying it."

Practices are not all fun and games. The coaches work with each player individually trying to improve their skills. They help them aim using the arrows on the alley, and figure out ways to pick up spares. Other than that, they just bowl for an hour to an hour and a half one night a week.

"It is my job to keep the practices hyped and up beat," said senior **James Scott**. "If you can't have fun in practice, you won't be able to bowl because it is all about having fun."

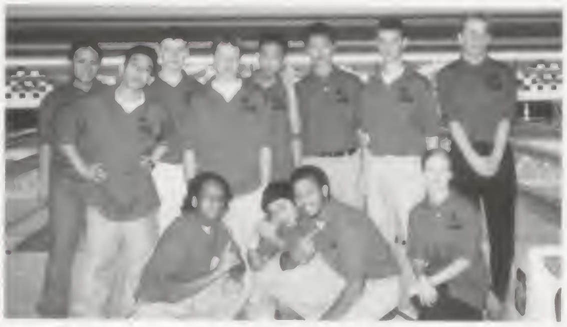
The bowling teams are new this year to the CIML. Representatives came to the schools trying to get teenagers more interested in bowling. Almost every school in the 18 team CIML now has a bowling league.

So far crowd support hasn't caught on in the metro area and the team is trying to get people to come watch East's newest winter sport.

"When we went to Ottumwa there were about seventy-five people there watching, it was a cool atmosphere. That hasn't really caught on in the metro, but it will," said Fenstermann.

...story by Matt Breton

TO THE RIGHT, THE BOWLING team poses for a picture after a practice. They practiced every Monday after school to prepare themselves for the meets on Thursday nights. At practices they improved their skills with the help of coach *Terrie Fenstermann*.

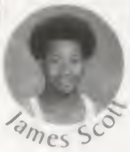


Photojournalist: Nancy Holmes. Design by Jennifer Oliver.

EHS Bowling Team

Joe Smith

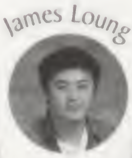
James Scott



Kyle Morgan

Derick Moraine

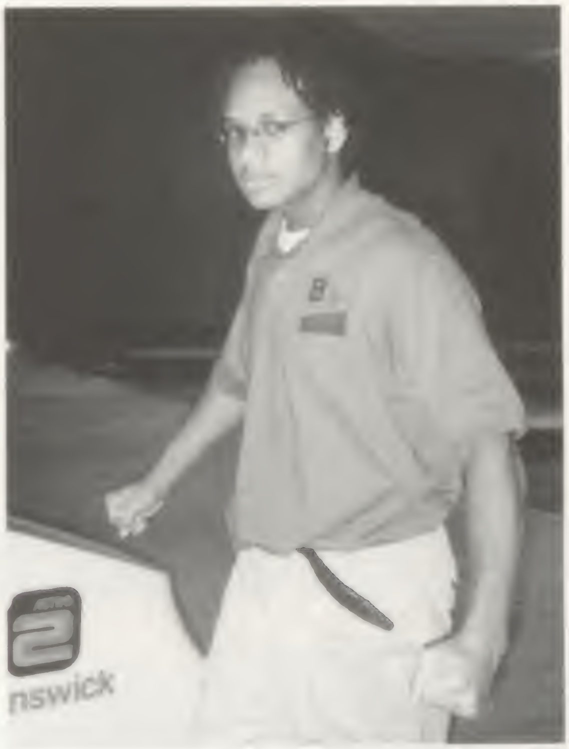
James Loung

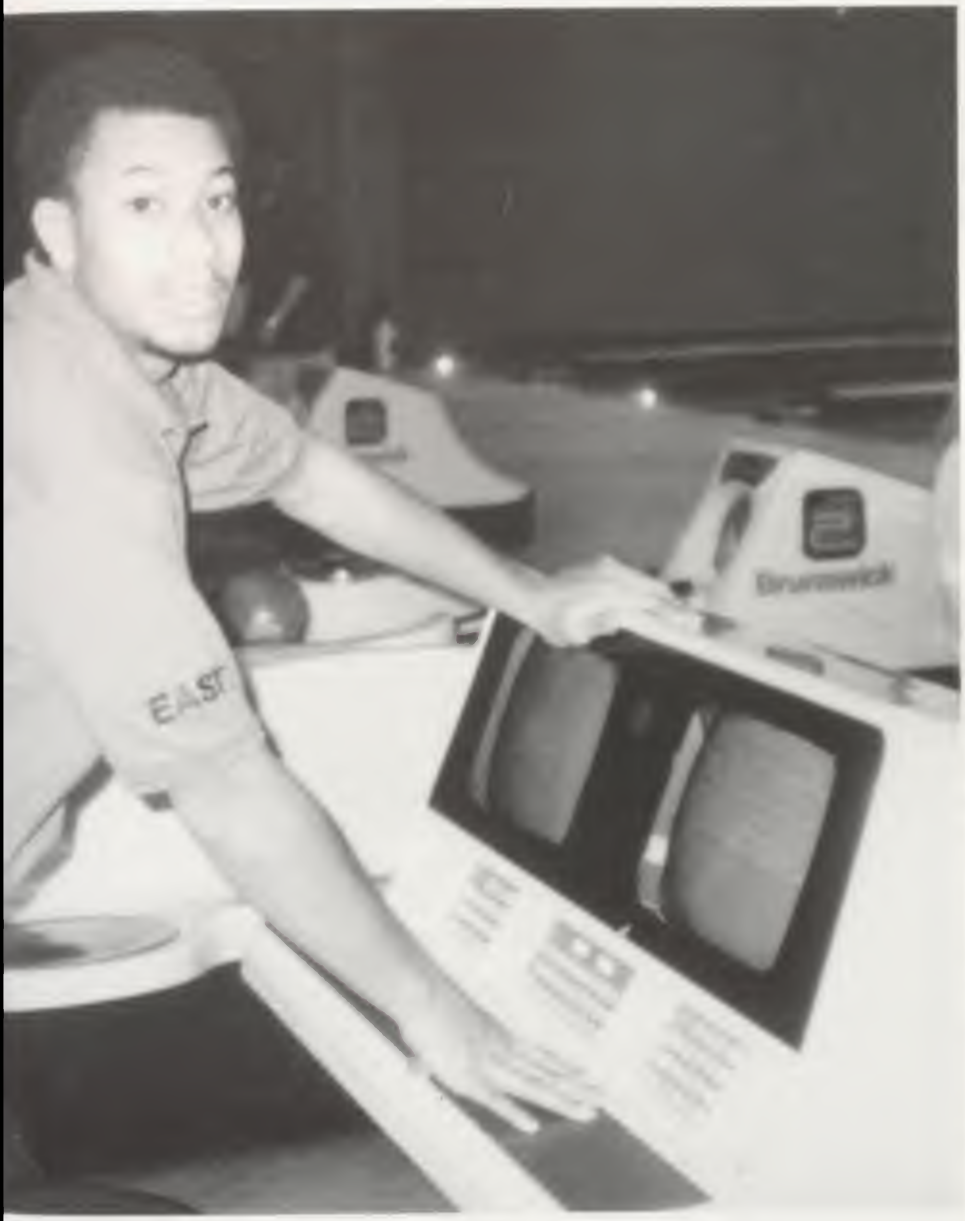


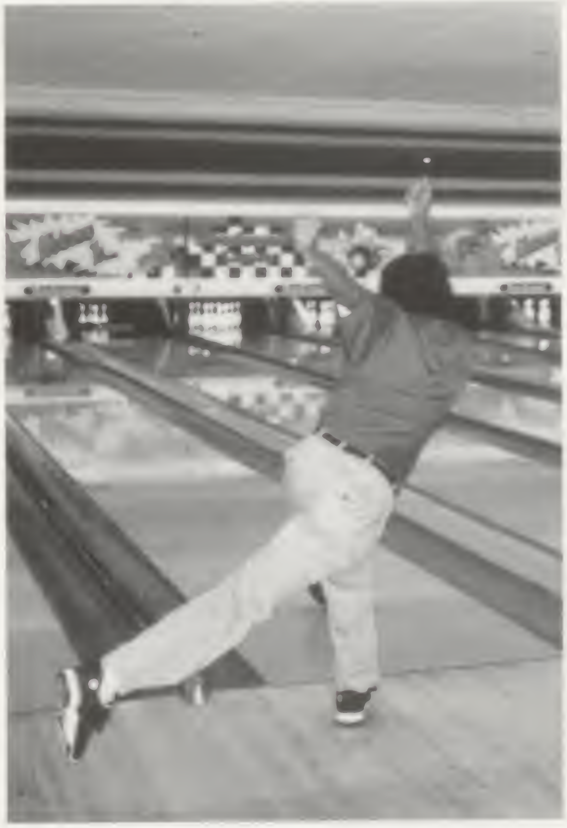
Mark Lovan

Merry Kouang

BELOW, SENIOR *JAMES SCOTT* CHECKS OUT THE TEAM scores as he waits for his turn. "My job is to keep the practices hyped and upbeat," said Scott. At top right, senior *Trevor Ashby* silently congratulates himself after getting a strike. At botton right, a bowling team member holds his pose after releasing the ball down the lane.

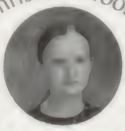






Chris Hanlin

James Fortune


Christina Brooks

Trevor Ashby

Tingkham Kamvanh

Val Gomez

Rachel Edwards

Eric Baccam

Terrie Fenstermann

Concert Band Facts:

Between Marching, Jazz, Concert and Pep band, they usually play at least once a week or more.

Concert band rehearses every day during first hour. Sometimes at 7 a.m.

Alot of Christmas performances are done including the Winter Concert (Dec. 18). Other performances included State Large Group competition (May 5), and the Spring Awards and Concert (May 21).

WAITING FOR CLASS TO START, above, freshman *Katie Ring* shares a conversation and a smile with her friend. Ring plays the flute along with eight other classmates. To the right, the marching band finishes up the first of the four field show songs. This year's theme was "The Guess Who" featuring the song *American Woman*.

Photojournalist: Jenny Golden.

TO THE FAR LEFT, the band performs at VallyFest. It has been two years since the band has competed there. To the left, junior *Charles Lozano*, freshman *Trevor Jones* and senior *Joe Torrans* play their saxophones during an early morning practice.

YOUTH KEEPS ON MARCHING

"MARCHING BAND IS HOW YOU MAKE FRIENDS," SAID SENIOR HEATHER ROSEBERRY.

You think it is hard to get up and get ready for school, but your morning schedule would seem like a dream to most Marching Band students.

"I hate getting up at the crack of dawn to be at school for practice," said senior **Debbie Montis**, "especially when it is cold."

Some mornings, whatever the temperature would be, just never seemed to get any warmer.

"It was so cold those mornings when the sun had not yet come out and we were on the practice field playing our instruments," said senior **Jenny Golden**. "Although it was cold this year, it has been colder in the past years."

"I remember one morning when it was so cold that our flag poles had frost on them," said senior **Daeneile Williams**.

Even though the temperature was low, students' spirits were still high.

"We had a few problems with instructors and other small things, but otherwise we had a pretty good year," said senior **Shawna McChurch**.

"This year, in lots of different competitions we did better than most of us expected," said junior **Alyssa Wilson**. "Going to Ankeny High school for competition really showed us what kind of competition we were up against."

"When we went to Ankeny, we learned a lot from watching all the other bands from all over Iowa," said junior **Stephanie Murray**.

"(Ankeny) was our best performance all year," said Montis.

Another competition was the Covered Bridge Festival in Winterset.

"The parade there was an interesting experience because it was a small town and we were the biggest band instead of being one of the smallest bands in the parade," said Montis.

This was not the only parade the band participated in. For the second year in a row, they took part in the Beaverdale Parade.

"Beaverdale Parade was a good learning experience for the new members. It really provided them with skill in how a parade is done," said McChurch.

All freshmen and new members had to learn what it took to be in a Marching Band.

"Learning how to march and do the routines for Colorguard at first were confusing, but then I caught on and it was really easy," said sophomore **Veronica Coe**.

"At the beginning of the year, marching was hard to do," said freshman **Katie Ring**, "but having upperclassmen helped make it easier to catch on." *...by Jennifer Oliver*

VERN *Hanson*, the new assistant band dircter joins the team this year. Hanson taught at Carlisle for 25 years before coming to work at East.

WHILE PRACTICING a piece, senior *Jessica Richardson* concentrates. She later performed it at CIML in Ottumwa during February.

ORCHESTRA sectionleaders front row: *Stephanie Carter*, *Dustin Slemp*, *Angela Vertz*. Back row: *Emily Grover*, *Veronica Coe*, *Mike Mendenhall*.

MEMBERS OF THE orchestra had a choice to dress in a Halloween costume and about 10 of them did. This was done for the concert that was performed at three middle schools in October.

ORCHESTRA practices a piece that was played at one of their major concerts. This is what takes place every day during their 5th period class in the band room.

Photojournalist: Amy Preas.

"Being in orchestra is a lot of fun. I really like it," said sophomore Katie [illegible].

FOUR STRINGS ATTACHED

Orchestra was nothing short of amazing. The grand total of 40 students succeeded at each of their performances this year and many believe that they couldn't have done this without commitment.

"The size of the orchestra this year was a great advantage because it gave us a bigger, fuller sound. Although one disadvantage was that some of the students talked a lot, we got over that, and did great when we performed," said orchestra director **Jennifer Luft**.

Of course, putting out that great sound took time, practice, and people who cared. Some people thought that orchestra was just a class to get an easy "A" in. But just like any other class, it required work and it was a class for people who wanted to be there.

The few people who weren't there for the work left within the first week. The other people in the orchestra found out what it was like when they were caught doing something like talking instead of listening. Section leaders got after them.

Section leaders are the people in orchestra who basically know the most about what they are doing, from Luft's point of view. They have to be good at their leadership skills and know their material.

"I was good at leadership responsibility because I could handle leading without having to be mean. I knew my material and enjoyed orchestra. That's what made my job easier," said senior **Shawna McChurch**.

There are other seniors who are leaving this year, so they will be replaced with other experienced people in the orchestra.

"The orchestra came a long way this year because of the size. It was the biggest we'd had in years. It was a great advantage as long as we all worked together," said senior **Katie Hull**.

Not all of the section leaders were seniors, three of them were sophomores and one was a freshman. It just depended on who had the better skills and who could handle the job of being section leader.

"Being a section leader was a great experience and I hope to do it again next year. I've learned a lot from doing the job. I just hope that the people in my section thought that I did a good job. That's what really matters," said sophomore **Amanda Botts**.

Being a section leader is a great opportunity, but the section leaders couldn't let that take over the fact that everyone else in the orchestra counted, too. Everybody else that played an instrument counted just as much as one of the section leaders.

Everyone played an important role in producing the best sound that they possibly could. To do this, everyone had to cooperate and get along. For example, if one person was even the slightest bit out of tune, it affected the whole orchestra.

Last year, during a large group competition at Valley, the orchestra was performing a song and a couple of students were out of tune. The judge could hear this in their performance, and they didn't receive the best score that they possible could. This year was a different story. They had many performances this year to make up for the score that they got last year. Although orchestra's winter concert was cancelled because of the terrible weather, they had many more.

"We didn't expect to get the score that we did get because of how we were tuned. That's one of the important things about being in orchestra, you have make sure that you tune as best as you can," said sophomore **Mike Mendenhall**.

One of the biggest concerts of the year was the Central Iowa Metro League concert (CIML). This concert was held in Ottumwa in May. The students spent over two hours practicing for the concert during the day and then performed that night.

One of the most important things about being able to perform has to do with cooperation. That means that students couldn't talk during class and some had a few problems with that.

"It was kind of hard to control my section because of the fact that they all liked to talk. It always took a few minutes to get everyone to settle down because there were a lot of people in orchestra.," said freshman **Dustin Slemp**.

With all of the commitment, there are many rewards that come along with all of the hard work. After four years, students receive an orchestra letter.

Of course, for more than one letter members had to earn 600 points by doing things like going to symphonies and participating in solo festivals.

"I am very committed to my duties in orchestra. I will receive a letter as a senior for being in orchestra for four years, but I also received one last year for earning 600 points. Now I'll get a bar as my second letter. That's how committed I am," said sophomore **Emily Grover**.

All in all, commitment is required for basically everything in order to succeed. The orchestra requires very committed people and that's the way they liked it.

...by Stephanie Carter

REPETITION EXCEEDS PERFECTION

"WE HAD TO PRACTICE ALL THE TIME SO THAT WE COULD KEEP UP WITH OUR RIVAL SIOUX CITY NORTH," SAID JUNIOR *HEATHER JONES*.

Reaching over, eyes still closed, junior **Charles Lozano** turns off his alarm that awakes him every day at 5:30 in the morning. He then gets up, throws on some clothes and goes to practice. He arrives at school around 6:20 and gets his sax ready for the daily rehearsal, lasting somewhere around a half an hour or so.

Lozano then starts school by sleeping his way through first hour. The long day isn't over yet, by seventh hour Lozano has to go back to the band room and then practice again. The long tiring day still isn't over. He now has to go home and practice for at least a half an hour before retiring to bed.

Everyday practices, two times a day was a normal routine for anyone in jazz band.

"For us to compete with all the other schools in the state we needed to find extra time to practice together," said teacher **Mark Hawkins**.

Long tiring days weren't anything new to the band members. They knew what they needed to do to become even better than what they already were.

"The long days never really bothered me," said Lozano. "I knew what was expected of us."

"We had to practice all the time so that we could keep up with our rival Sioux City North," said junior **Heather Jones**.

Coming to school early in the morning and taking a period out of their day to practice wasn't enough time so the members had to also give up time after school to practice.

"I always take at least a half an hour or so to practice at home, usually around three times a week," said junior **Eric Lopez**.

Practices weren't the only thing the band ever did; they played at special events, and numerous competitions, too.

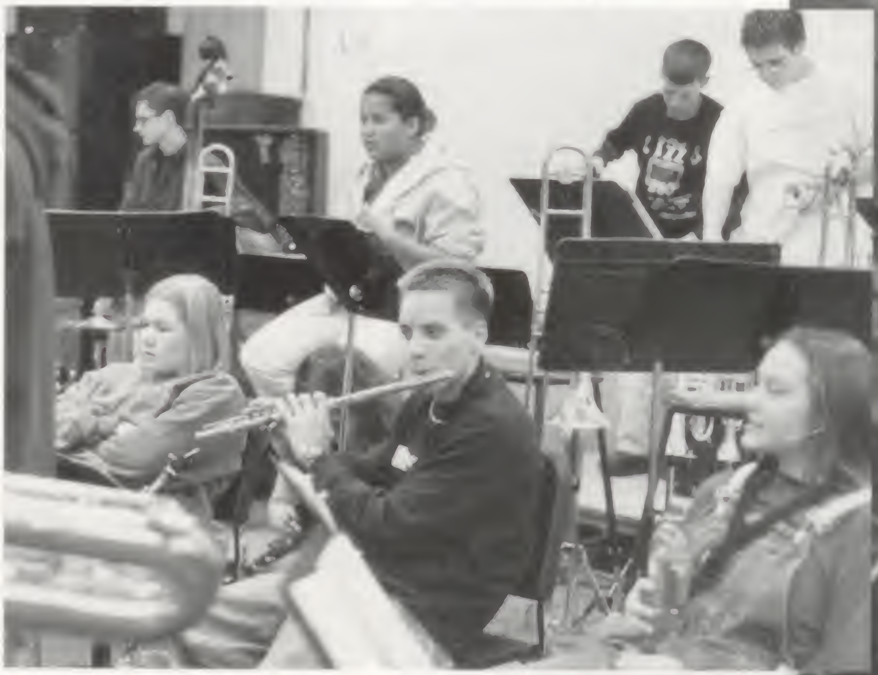
"The most fun I had playing was at competition," said senior **Mark Grimm**. "We always got the crowed going."

Having fun at competitions and goofing off with friends wasn't all the members did when they played in jazz band. They also got many opportunities for college.

"One of the best things any kid can get out of playing is a scholarship from a college," said Hawkins. "We have many students who will most definitely receive scholarships, especially in our rhythm section."

Every kid sleeping in class isn't necessarily a jazz band member catching up on their sleep, but he or she might be. So teachers, don't mess with them, they need their sleep to play their best.

...by Joe Kephart



PRACTICING ON the flute, junior *Charles Lozano* shows his skill by playing multiple instruments. Lozano usually plays the saxophone.

Photojournalist: Jenny/ Sarah.

Practicing improv and solo techniques, freshmen *Trevor Jones* and *Jeremy McDaniel*, juniors *Alex Kelly* and *Jared Mendenhall* and senior *Paul Augspurger* stand in line and wait for their turn to play.

Waiting for his cue, sophomore *James Moody* looks at senior *Zach Mortice*. The two are rehearsing for an upcoming event. Above, senior *John Knox* laughs at the camera while waiting for his turn to play. The band had daily rehearsals before school.

SINGING FOR KICKS

Sitting back in her chair, sophomore **Stephanie Carter** looks on happily and attentively at her instructor as he explains the highlights of the semester and the grade requirements. After all, Mixed Chorus was her choice to take.

Taking chorus might have been a requirement in junior high school but that doesn't mean everyone had to like it. No matter how bad of a singer a person was, they were still required to be in a vocal music class. Some students saw chorus class as the worst part of the day, while others saw the class as the highlight of their day.

In high school, Prep and Mixed Chorus are electives, ones that are very popular with talented students like Carter. Of the two, Mixed is the largest and doesn't require an audition.

"My students (in Mixed Choir) are a high energy group. It's unlike any other group in the choral program. It can be a little distracting at times but when it comes down to crunch time, they really buckle down," said vocal music director **James McNear.**

The choir is a mix of guys and girls who don't have to audition but want to be involved in the vocal music program.

"The class was okay. I think that it's funny when people have to get up and sing in front of the whole class for finals," said freshman **Aaron Young.**

Mixed Choir includes three concerts and general studies in the musical field such as: counting time and the history of music.

The three concerts were performed throughout the year in the fall, winter, and spring. In the spring a contest was held where selected students involved in all of the different choir programs came together and put on a performance.

"We had 48 students involved in Mixed Choir, ranging from freshmen to seniors and there was a pretty equal amount of each grade level, but anyone was welcome to join!" said McNear.

Many students love being in the vocal music programs, while others feel they have left their vocal chords back at middle school.

"I really didn't like singing in front of the class for finals. I guess I'm not into chorus like I was in middle school. It's fun if you're into music, but it's just not for me anymore," said Young.

"I love Mixed Choir, it's a great way to be involved in music if you don't think you can sing or if you just want to learn anything about music in general," said Carter.

ENTHUSIASTICALLY listening, sophomore *Janet Knapp*, at right, laughs as vocal instructor *James McNear* teaches the class. At bottom right, a student helper files music .

McNear also directs Prep Choir.

"I like music, and Mr.McNear is a good music teacher," said freshman **Lauren Reed.**

Prep Choir is a group of selected freshman boys and girls from middle schools on the East Side. The unique thing about this choir is that the group is supportive of one another, and they clap for each other when they sing.

"I never have to tell them to clap, they just do it," said music teacher **James McNear.**

The students improve their singing abilities, while also learning different music styles and how to work within a group during a performance.

They performed at Capital Square, went to Ames in November for an All-State concert and performed at the Ingersol Dinner Theater.

"I like high school choir better than middle school choir. We sing a variety of different music and it's fun," said freshman **Gina Hughes**.

Aside from performing in the Des Moines area, they also have a fall, winter and spring concert in the auditorium. The group went to middle schools like Goodrell, Hiatt, Hoyt, and Boyd to demonstrate what Prep Choir is all about. This helps to get the incoming freshman interested.

"I sometimes have some of my students help with the tryouts and they help pick out the good singers. Prep Choir is a good experience for those who want to continue with music in the future," McNear said.

...by Kelly Clark
& Michelle Emery

Photojournalist: Mindy Quaintance.

What is the most humiliating moment you have ever had while singing?

"I couldn't shimmy in a dance we had to do. In front of everyone, Brandi (Reinig) bent down and held my waist while I tried to shimmy in front of everyone."

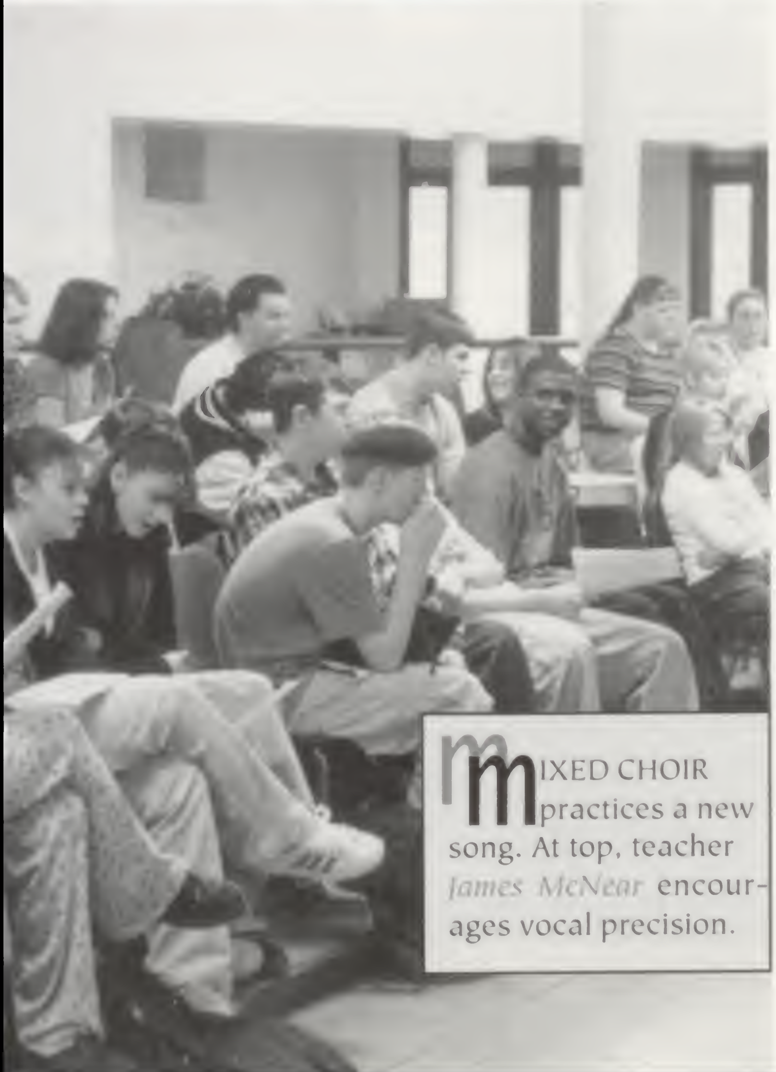
... Senior Christy Yenzer

"Once I was in the middle of a song and my voice totally cracked but the worst part was that it completely went out!"

... Freshman Charles Reese

"I was singing on a really high note and my voice went out. Then I tried to get back on key and I couldn't hit the right note. It was all weird and cracking."

... Freshman Myneka Crawford



MIXED CHOIR practices a new song. At top, teacher *James McNear* encourages vocal precision.

Classy Lady Scarlets

Forget the pink, the ladies have gone Scarlet. The "Lady Scarlet Singers" donned the stage with a new uniform, a black and scarlet dress, with specially ordered velvet shoes to match.

"The dresses made us look more organized," said senior **Brandi Reinig**.

The dresses were designed with a classier style in mind according to instructor **James McNear**. "After all, they are ladies," he says.

The uniforms came with a price, a rather large price, but a fundraiser was held to reduce the cost of the new apparel.

McNear said, "Some students feel it's rather hard to sell things, so we tried to diversify our approach so that each member could be involved."

Deciding on a uniform wasn't too complicated because the choir is made up of all females.

The ladies were committed and practiced diligently for their concerts that were held about once every two months.

"We had to practice really hard to memorize the lyrics of two to three songs, and still sound good at the same time," said Reinig.

Treble choir, as the ladies are otherwise known, was only offered one period of the day, which made practicing a lot easier.

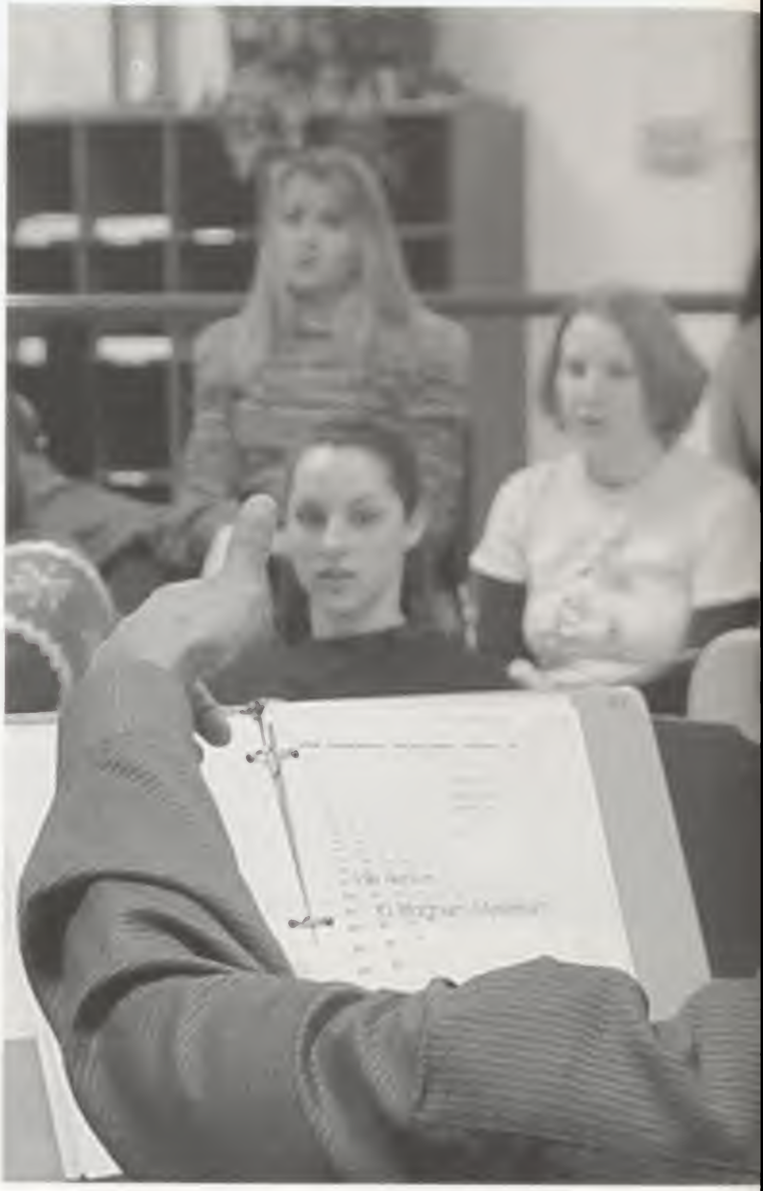
"I enjoy this class so much," said junior **Becky Watson**. "I will probably be here until I graduate."

The ladies had a great year with only a few set-backs due to members leaving, but plan to make an even better choir for next year.

...by Tiffani Byrd

SOPHOMORES SCOTT *Flaherty and Payton Petrie* sing warm up exercises to start a typical class. Singing nonsense words is a great way to warm up the throat.

CHAMBER STUDENTS follow along as *director James McNear* leads a song in rehearsal during period 6.



Choral road leads to All-State

On October 21 in Indianola, fifteen vocal music students tried to fulfill their All-State aspirations, or faced a long car ride home.

Over the summer the students went to camps held at Wartburg College in Waverly, Iowa. Sophomore **Scott Flaherty** went to the camp held August 5-7.

"The camp was featured around the music, but every night a dance was held so the students could relax," Flaherty said.

The set up for the practices was group and sectionals. Some of the music contained eight-part harmony.

There was no need to spend more money then the ninety-five dollars it cost to come. The students carpooled to Waverly, which was two and a half hours away from Des Moines. Students from all across Iowa stayed in the dorm rooms on campus.

Linda Baker taught the EHS vocal program for the five years. During her time as director she had three students make it to All-State. She said the day of the auditions is very exciting.

"There is laughter and singing in the halls. At the same time tears, tension, stress and relief."

The directors are not allowed inside the auditions, so students must find their own pitches. Auditions are also done acapella style, without any accompaniment.

"I think the students learn a tremendous amount about music making, work ethic, teamwork and following through with a commitment," Baker said.

Senior **Kira Campos-Anderson** practiced at 6a.m. since the first day of school. She said that the music was difficult, so getting weaned off the part CD was not easy .

"The hardest part was not being able to use my trusty CD," Campos-Anderson said.

Choir director **James McNear** told the value of All-State.

"To me it is the ultimate test of dedication to reach a task. You have to give up a lot of your time. Even the ones who don't make it are still rewarded." *...by Seth Conn*

TIME TO TAKE A BREAK. Senior *Anna O'Brien* rests after swimming laps for 'Splash for Cash.'

Photojournalist: Katie Hull.

TAKING THE CHALLENGE

"I like Chamber because I get to perform many different styles of music."– All-stater Wendy Bradford

The Chamber Choir had a different look and attitude about performing and presentation, gaining new uniforms and a better work ethic at the same time.

Sophomore choir member **Payton Petrie** feels that the students have strived to be more attentive when learning.

"I think the choir has a lot to live up to. We worked hard to keep up the standards of years past. The vocal music program has really seen some improvement and I think we've only begun to reach our full potential. Mr. McNear teaches things like theory, expression when singing and presentation skills," Petrie said.

> "Music is important because it fosters creativity and discipline. It's neat because it is something we can create."
> *-James McNear*

The choir performed at Capital Square downtown in December in a benefit for the American Lung Association. Students from different schools around the Des Moines area participated.

The choirs sang Christmas carols as people enjoyed food and refreshments. Sightseers could also purchase crafts from many artisans at the event.

Another event in December revived the old tradition of a Madrigal dinner. The evening was a reenactment of a dinner as it would've happened in medieval times. For their ticket, guests took part in a dinner that was catered and ate among students dressed up in costumes of that period. The Chamber choir was the Royal Court and Principal Jerry Stilwell played the role of the king.

Junior **Brian Jackson** liked the Madrigal dinner.

"The Madrigal dinner was cool because it gave Chamber more practices with the music for our concerts. It was neat because it was like going into the past."

The group also performed at the Governor's mansion before the winter break for an open house, an annual event where older Iowans get to tour the mansion and enjoy youth singing. The mansion was beautifully decorated with garland arrangements everywhere.

Chamber choir is a performance-oriented class, so that is why the group gets out into the community to perform so often.

Junior **Austin Kayser** said the one thing he enjoyed most about Chamber is singing in front of people and entertaining them at the performances.

The choir sings a variety of music from gospel to show tunes as well as learning music theory. For the semester final students have to prepare a song to sing for the class. McNear grades them on posture, sound and overall presentation.

Senior **Kristi Mathis** said that the choir has improved.

"I came to Chamber as a freshman, and it has been a really great change compared to the last two years, when we were just getting started with having a new director. Mr. McNear has really brought out the best in us and we're grateful," Mathis said.

The students got a chance to earn some new equipment for the classroom, too.

The choir took advantage of a fundraiser the Pepsi Company held for schools to receive merchandise by collecting Pepsi notes. The notes were on two-liters, twelve packs and twenty-four packs. Students collected 6,000 notes to get microphones for recording, a tape deck and a new CD player for the classroom.

The top collector of the notes was senior **Angela Marlenee.**

"For someone who doesn't drink Pepsi products, I'm glad that I helped the choir. I collected all my Pepsi notes by working at Quik Trip. I'd like to give a 'thank you' to all the customers who brought in the notes to help the choir," Marlenee said.

All the work is worthwhile, according to McNear, who said, "Music is important because it fosters creativity and discipline. It also enables the students to express their feelings. It is neat because it is something that we can create."

...by Seth Conn

FINISHED! Sophomore *Ross Hesseltine* chalks up his required laps and prepares to cool down. A total of fifteen parents and students took part in the February event.

DOING THE FLAG THING

"THIS WAS A VERY GREAT GROUP OF GIRLS," SAID COACH JENNIFER LUFT. "THEY HAD THEIR SHARE OF ARGUMENTS, BUT THEY ALWAYS GOT THROUGH IT."

Drop spin, double time, windmill, combo, butterfly, around the world. For a non-Guard member those terms may seem pointless, but for the 20 young ladies and one young man that were on the Colorguard, these terms are a regular part of their vocabulary.

Two weeks before school started, these members spent several hours each day working hard getting to know everyone else on the squad, learning new moves and routines and being taught how to march correctly.

"Camp was fun, we learned a lot and it was great to get to know all the new members before school started. I believe that it helped both old and new members to work together," said senior **Jenny Oliver**.

All the hard work from camp was put to the test at the competitions that were entered by Marching Scarlets. Each member has their own favorite competition memory from this year.

"My favorite competition was Valleyfest because it snowed and I got to leave right after it was over since I drove myself there," said senior **Alison Lowe**.

The Colorguard also performed at parades as well. There were a total of seven parades throughout the year.

"I liked the Winterset parade best because there were a lot of cool cars and the bus ride was awesome because we sang songs while we were on the bus," said senior **Dan McKee**.

Aside from the marching competitions, the Colorguard also went to the their own state competition. The team received a Division I rating and fourth place overall.

"I'm really happy with the overall turnout of the competition, but I think we could have done better as a whole," said senior **Daeneile Williams**."

It was a year for changes. The squad got new shoes for the spirit uniforms, new uniforms for State, new flags, a guy on the fall squad (football season), new girls, a private camp with a private choreographer, new instructors and new choreographers specifically for State.

"I liked the new shoes because they looked better, but I think we should have gotten them all in black because they look better with the uniforms," said sophomore **Veronica Coe**.

The squad got new uniforms for State to go better with the flags and music.

"The new uniforms for State were very cute and the colors went well together," said Williams. "Plus they matched our new flags, which looked really good when we twirled them."

For the State performance, two choreographers were hired to specifically prepare a routine. East alums **Angie Parsons** and **Stacy Griffiths**, both former guard captains.

...by Shawna McChurch
& Cheyenne Thompson

SENIOR ROBIN MORRIS practices at the new Riverwoods Elementary School for the Winter Sports Assembly . The Guard practiced at the new school because of it's availability. At far right, several senior guard members work on making hair ties for the new members of the squad before the State Fair Parade.

Photojournalist: Stuart Dalrymple.

HANGING OUT BEFORE A PERFORMANCE, these guard members review basic routine moves, heal-to-toe marching, and, of course, smiling at all times. Below, members of the Colorguard "hold at right shoulder" during one of many practice sessions during their week-long camp.

Behind The Scenes of Colorguard Routines

The marching routines were quite difficult because of how much time and effort was put into them. The guard members had to know several moves, some of which they might not have heard of before. Here are some of the moves that the group had to learn:

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*Under the leg-take the flag and spin it under one leg, then bring it back up to right shoulder (which is straight in front of body). The silk should be right in front of body.

*Back Scratcher- turn hand to the right, and let the wrist do all the work. The silk should flow behind the body. Then bring the flag back up to right shoulder and be prepared for the next move.

SDS LINES UP for one of the many dances they did this year.

COACH ALEX *Guilamo* gets down with her squad. She danced with them throughout the year at their performances.

DANCERS SHOW off their skills. They recruited a seventh grader to perform with them.

Photojournalist: Michele Wamock.

dANCERS JOVIELLE Maitre, Tia Wells, Karrisa Wing, Regina Jackson prepare to dance at the homecoming assembly.

SQUAD ISN'T ALONE

Song lyric: "It's after midnight and she's on your phone. Sayin' come over 'cause she's all alone. I could tell it was your "ex" by your tone. But why is she callin' now after so long?"

That is one of the songs that the Scarlet Dance Squad got down to this year. Mya's "Case of the Ex" was one of the many songs that they performed to during the year.

"We picked that song because it had a good beat that we could dance to," said sophomore **Jessica Davenport**.

The squad danced to many songs throughout the course of the year as they performed at basketball games, school assemblies and other events.

A lot of the dancers were nervous when they first performed.

"I was nervous the first time we performed at the assembly," said senior **Gabby Brewton**. "We had a new dance that was complicated."

Along with many new songs, the squad acquired a new sponsor, **Alex Guilamo**.

"When I got here and heard that East had a dance squad, I wanted to know if I could join, not coach," said Guilamo. "When I realized they were needing a coach, I volunteered."

Guilamo danced with the squad during their performances.

"Ms. Guilamo can get down," said junior **Jason Fitzgerald**.

"I am glad that she danced with us. It helped us keep our steps and to stay focused," said Davenport.

In addition to a new coach, new songs and dances, SDS also found a way to get new uniforms.

"Our new uniforms are tight," said Brewton. "Last year's uniforms looked like tennis outfits."

New uniforms, a new coach and new dances meant a rebuilding year for the squad.

"SDS impressed me this year with their ability," said sophomore **Beth Widlund.** "They have really gotten better this year."

"Next year we will be better than what we are now," said Davenport. "We can only get better with a coach like Ms. Guilamo."

...by Mike Chumbley

"SDS IMPRESSED ME THIS YEAR WITH THEIR ABILITY," SAID SOPHOMORE BETH WIDLUND. "THEY HAVE REALLY GOTTEN BETTER."

WORKING BEHIND THE SCENE

Working Behind the Scene

...by Justin Courtnalih

Many might wonder who does the choreography for the Steppers this year since last year's choreographer, alum **Lisa Gathercole**, has graduated.

This year senior **Brandi Reinig** was the leader of the pack. With her help, the Steppers stepped their way into two high divisional ratings at State Competition.

"I'd never do choreography. It's hard when you have to know every number in a dance routine said sophomore **Emily Brandt**.

Being in charge of choreography takes extra work on weekends and nights. Members practice the routine until it is synchronized. That way, the team can perfect the dance and perform it without flaw.

"I admire what Brandi is doing for the squad. She has a lot of talent and patience to be able to choreograph and teach it to everyone," said sophomore **Josh Davis**.

Other performances included dancing during halftime shows at several Des Moines Dragons basketball games that were held at Veterans Memorial Auditorium during the weekends.

"I think it's fun to participate in half-time shows at the Dragons games. When you perform in front of all of those people, it doesn't make you nervous any more," said junior **Valerie Boland**.

"I love doing the halftime shows at the Dragon games and it's fun to be a part of a major sporting event," said senior **Dawn Ritchie**.

The squad also performs at all of the assemblies.

"I love their performances, they are great. They have good moves. What else can I say, they put on a good show," said sophomore **Danny Lint**.

New uniforms this year to gave them a different look. Many students, parents and staff thought the uniforms were very nice.

"I think the uniforms are pretty but I'm not so sure if I would wear them because of the big opening they have at the top. I think it's kind of revealing, but it's a sexy new style and I love the way they look," said Brandt.

"The Steppers have it all: new uniforms, a new sponsor and a new and improved attitude," said sophomore **Joey Russell**.

THE GROUP PUT on a great performance at a fall assembly (near right), the first performance of the year. At far right, during state competition at Vets Auditorium, junior Kati Bainter and senior Michelle State pose while waiting to perform.

Photojournalist: James Avon.

SENIOR TIA THOMAS and Steppers Brandi Reinig and Ginger Stevens smile cheerfully for the camera while watching a basketball game.

MEMBERS DAWN Ritchie, Amanda McNeley, Michelle State, April Hiatt and Brandi Reinig gather for a quick photo during the state competition at Vets Auditorium. They received two divisional ratings.

STEPPING IN THE RIGHT DIRECTION

"I REMEMBER PERFORMING AT THE FIRST FOOTBALL GAME," SAID KATI BAINTER. "IT WAS VERY EXCITING. I KNEW AT THAT MOMENT THAT I WAS GLAD I HAD BECOME A STEPPER."

Steppers step, jump, shake, twist and tumble their way into new uniforms and great performances.

The Steppers like the uniforms that they sported this year, ones very similar to those of the cheerleaders and Colorguard, except more "sophisticated" looking.

Sponsor **Melanie Cloud** even brought along some of her old Stepper traditions to the squad. The team had a ritual before every performance and competition.

"We get into a circle, cross arms, say 1-2-3 break a leg and do a cheer for good luck," said senior **Amy Smith**.

Smith has been involved in the group for two years now and says that she has stayed involved because she loves it and she thinks that it is a lot of fun.

The Steppers even got involved at Des Moines Dragons games and The State Drill Team Competition on December 1-2 at Vets Auditorium where they received two division II ratings. Although they participated in those events, the Steppers feel like they didn't perform and compete as much as previous years.

Senior **Brandi Renig** is considered the team leader on the squad because of the hard work and dedication that she put into it.

"I would say that Brandi is our team leader and motivator because she taught and choreographed our routines and kept us from killing eachother," said senior member **Ashleigh Dowell**.

The Steppers do not always step carefully enough, there sometimes seems to be those dreaded embarrassing moments.

"We've had our share of screw-ups but the funniest was when Ashleigh fell on her butt at the Winter Assembly," said Smith.

The Steppers practice long and hard many mornings before school at about 5:30 a.m. to prepare for performances and to help avoid those bummer moments and screw-ups.

"I had fun the years I was here on Steppers. The morning practices were hard but it paid off," said Smith. "I will miss it all when I am gone but I would like to encourage people to tryout, you will love it, I promise."

...by Heather Kilby

DURING THE first assembly of the year, junior Amy Preas keeps her balance while performing her routine.

FOCUS LADIES ! At right, frosh cheerleaders lose concentration at practice.

TAKING TIME FOR THE camera! Freshman cheerleaders are not camera shy, (at right) they pose for a pic before their first pep rally at Williams Stadium.

LET'S GO SCARLETS

Last September they arrived stepping onto a bus at 6 a.m. They, each left their own person, but they came back much more than that – they came back a squad.

Camp is a common event for cheerleaders. Many look forward to it every year and it has traditionally only been offered to varsity and sophomore squads. This year the frosh got a little taste of the action.

They started off the morning getting to know one another and had a little pep talk, but then wasted no time. They soon got right to work jumping in on the new cheers.

"We learned 2 cheers, a chant and a dance routine," said **Alicia Alvarez**. "I liked the dance the best. It was a lot of fun!"

The dance was the favorite among the girls. It gave them a little time to let loose, have fun and try something new. **Teara Rice** wowed her squad with her creative moves. She was chosen as the winner of the dance contest. Each person had to dance freestyle, then a few were picked to go on to the finals. Then each girl had to dance while everyone else clapped for her.

"That was really cool. I liked how everyone was cheering for me. It was sort of funny seeing some of the girls dancing," said Rice. The first cheer they learned was "push 'em back." They were also taught "stand up and yell" and "fight attack."

"I really liked the camp. It introduced the girls to cheerleading and gave them a taste of what camp is like. The material they had was really good, too," said coach **Denise Rourke**. "We actually brought the cheers back, and used them the rest of the season!"

The instructors also talked to the girls about the different types of jumps, how to stretch out properly, how to prep for the jumps and also how to get the best jump out of each person.

"I think the jumping helped me the most. I didn't really understand how to do good jumps, but they described and showed us different ways and it really helped," said **Lauren Reed**.

Later a jump contest was held among all the girls to see who had the best jumps. **Gina Hughes** made it to the finals in that competition.

"It was kind of exciting. I never thought my jumps were that good. It seemed weird to be in 'the finals', but it was fun," said Hughes.

The day wrapped up as a fun and great learning experience. When the freshmen loaded on the bus clear back in September they had no idea how much camp would help them. Now, they can't wait to go back.

"I was really impressed with the girls and enjoyed the camp. It really gave them a whole new way to look at cheerleading and at what being a squad really means!" said Rourke.

...by Stacy Knight

"THE 'WHAT WHAT' CHEER WAS ALWAYS A DISASTER," SAID FRESHMAN SAMANTHA WINEBRENNER. "OUR SQUAD WOULD ALWAYS WANT TO DO IT, BUT EVERYTIME WE'D SCREW IT UP AND LOOK PRETTY DUMB!"

Photojournalist: Jesse Bainter.

ONE BIG HAPPY FAMILY. THE sophomore cheerleading squad pose with their "camp sister" (center, back) at the UCA Cheerleading camp at Okoboji last summer.

CHEER FUN IN THE SUN

"OKOBOJI WAS SO FUN! IT REALLY GAVE ME THE TRUE MEANING OF CHEERLEADING, SAID STACY KNIGHT. "THE BEST PART WAS GETTING 2ND PLACE IN OUR DANCE PERFORMANCE!"

Camp is cool at least that is what the sophomores say! Last year fourteen of the Scarlet's best sophomore girls were chosen to cheer for their team and school after a hard, but fun, camp last fall.

"Going to camp was the best part," said sophomore **Michelle Emery**.

The cheerleaders would get up at 6 a.m. every morning and would be on the practice field most of the day. The girls would call it a day at 8 p.m.

"We had to get up early and go out every morning. We would practice our cheers and do fun things most of the day," said sophomore **Amanda Armintrout**, who cheers for basketball, football and wrestling. "Cheerleading is hard work, but it's fun."

The sophomores attended Camp Okoboji for four days, where some of the best instructors appeared to help them out with what ever they needed. Other things were enjoyed, too.

"I liked going to the camp because the guy cheerleaders they had there were hot," said sophomore **Molly Frederickson**.

At the camp, really good cheerleaders come and cheer against them so they can have some competition.

"I like the camp because we get to go against cheerleaders from all over and I feel that makes our cheerleaders try harder and makes them better," said sponsor **Denise Rourke.**

The cheerleaders get a week of clinics to go over cheers and routines to go over before try-outs.

For tryouts, coaches picked a couple of cheers and chants for them to do incompetition with other candidates.

"Another thing I liked about the clinic is the cheerleaders got to have a lot of quality time to have fun outside of cheerleading," said Rourke.

After camp the cheerleaders wait for the school sports to start so they can show off what they have learned to the students, players, parents and their coaches.

"I'm proud to see how much they have accomplished going to this camp. I think it has made them better, and I'm looking forward to going to it every year," said Rourke.

...by Richard Weigel

PRACTICE MAKES perfect. Stephanie Lowe, Amy Heggen, Molly Frederickson, and Chelsea Pickett rehearse a camp dance before a Williams Stadium game.

EARLY BIRDS *MICHELLE DENNING, MICHELE WARNOCK, DARCY BAKER* AND seniors *Kelli Welker* and *Krystal Pickett* show off their spirit as the last day of camp comes to an end. At right, below, seniors *Kenny Paulding, Joe Pett* and *Clint Nereim* lift *Jennifer Moore* to an extension. The football players and cheerleaders combined to do a dance to 'Who Let The Dogs Out.'

A little cheer info...

Sophomore **Stephanie Lowe** stands in her "window" formation in front of the entire school, ready to get peppy.

She's practiced her routine numerous times, but this time it's for real.

"I never know what to expect during our cheers, dances, or whatever we are performing," said Lowe. "I just smile and hope that the crowd doesn't realize that I am extremely nervous about messing up."

Lowe is one of the thousands of cheerleaders all over the world, from all different ages and genders.

Cheerleaders seem to be visible in the nation more and more every day. You see them in movies, on TV for competitions, and most commonly at hometown high schools.

But cheerleading these days is very different from the past. The evolution of the ankle-length skirts and cardigans, to the tight miniskirts is a perfect example. Even the stunting and cheers have improved. The classic "Rah Rah Rah" has been replaced by tongue twisters with even more difficult motions.

But the style is not all that has changed. These days someone has to be very dedicated, and willing to let a personal life "take a backseat to cheerleading," according to coach **Denise Rourke**.

Cheerleading is also very time consuming. Life, companions, friends, and even family, are worked around practices, games, assemblies, and sometimes fundraisers.

"Cheerleaders are not one-dimensional," said **Krystafre Brown**, a varsity cheerleader, in the magazine *American Cheerleader*.

But other hobbies are not important when looking at the big picture. It also takes money to be a cheerleader. Some may spend anywhere from $50 to $1,000 depending on the grade level and location.

"My freshman year I spent close to $700 just for clothes and pieces of the uniform," said sophomore **Ashley Tappan**.

On top of an already busy schedule, most cheerleaders try to obtain a job to pay those expensive bills, which is not always easy.

"I used to work every night of the week," said Lowe. "But after practices, games, and still making time for my life, it's hard to work a lot."

Another expensive part of it is camp. America's Best, Cheerleaders of America (COA), and the National Cheerleaders Association (NCA) are just a few camps available to cheer and dance squads around the nation.

Between no free time and all the expenses, how do the parents react?

"It can be a hassle sometimes," said **Diane Armintrout**.(Munoz's mother) "I was always taking my daughter somewhere and always paying money for something."

On the other hand, parents are also rewarded. Their children are "involved in something positive," according to **Marsha Munoz**.

Next time you are watching those girls down there yelling for their team, just remember how much time, money, and dedication they have put into something that is a very big part of school spirit today.

...by Tiffany Byrd

...Why did you become a cheerleader?

"It has been something that I've always wanted to do since I was little and it always looked like fun being able to cheer on the team ," said senior **Kelli Welker**.

"I have played sports all my life and I needed something different with a change of pace," said junior **Michelle Denning.**

"It looked like it was a lot of fun and all my friends were in it so I decided to give it a try," said junior **Michele Warnock**.

Photojournalist: Jesse Bainter.

WE'VE GOT THE BEAT!

"CHEERLEADING HAS BEEN FUN THIS YEAR, BUT WITHOUT DENISE, A LOT OF THE FUN WE HAD WOULD NOT HAVE BEEN POSSIBLE," SAID JUNIOR **CHERI FENTON.**

While the cheerleaders were working on trust skills, junior **Saiphone Houangsavanh** was trying to ignore the fact that she had to pee. She started running around a tree several times and then could not hold it anymore. Eventually, Houangsavanh ran away. With a wet circle on her shorts, she returned to the group, giving the appearance that she hadn't made it to the restroom.

"The funniest thing that happened at camp was when everyone thought Saiphone wet her pants," said senior **Krystal Pickett**. "Everyone was laughing so hard, that when Saiphone tried to tell her story, we didn't hear her."

During the year, many funny and embarrassing events took place, most of which happened during summer camp at Lake Okoboji.

"My most embarrassing moment happened right when we arrived at Okoboji. I fell right out of the bus," said senior **Kelli Welker**. "I thought the back exit was closer to the ground and tried to step off. I guess I was wrong."

Senior **Lindsey Carr** also faced the horror of embarrassment while at camp last summer.

"I was in the shower and the water kept turning hot. It was really frustrating to me and all of a sudden I started cursing. The girls in my room could hear me and **Denise Rourke**, our cheerleading coach, walked in just in time to hear me, too!" said Carr.

Junior **Michele Warnock** will never forget her sixteenth birthday.

"On the morning of Michele's birthday, we pulled her out of the room and, in front of everyone, we tried to strip her into her birthday suit," said junior **Darcy Baker**.

Even though the season brought a lot of laughs, there was also hard work involved.

"Cheerleading is a lot harder then it looks. It takes hard work and patience to learn the cheers and stunts we perform," said senior **Jennifer Moore**.

Many people think that cheering starts at the first football game, but it takes more than that to get a good cheerleading squad, according to Rourke.

"During the summer, the girls spent every Sunday in front of the school practicing 6-8 p.m.," said Rourke. "They also had extra practices for special assemblies and jamborees and took time out of their nights to make signs for the teams."

Just like in any other group, fundraising is very important. Cheerleaders did many fundraisers during the year and put the money they made towards their bills. Along with the traditional candy fundraiser, the cheerleaders also had a car wash during the summer, handed out Cracker Jacks at Younkers the day after Thanksgiving, and held a cheer clinic for younger girls.

"I really loved helping out at the clinic this year," said Warnock. "It raises the kids' self-esteem, and I really think that we should do it more often."

...by Jeni Grochala

TO THE FAR RIGHT, THE cheerleaders have some fun by creating a circle with their bodies. The bases of the pyramid, *Kelli Welker*, *Michele Warnock*, *Darcy Baker* and *Krystal Pickett*, try and stay strong as *Amanda Kindred* and *Saiphone Houangsavanh* climb to the top of the formation.

Weird But True Phobias

~**Hippopotomonstrosesquippedaliophobia-**
fear of long words.

~**Lachanophobia-**
fear of vegetables.

~**Anthophobia-**
fear of flowers.

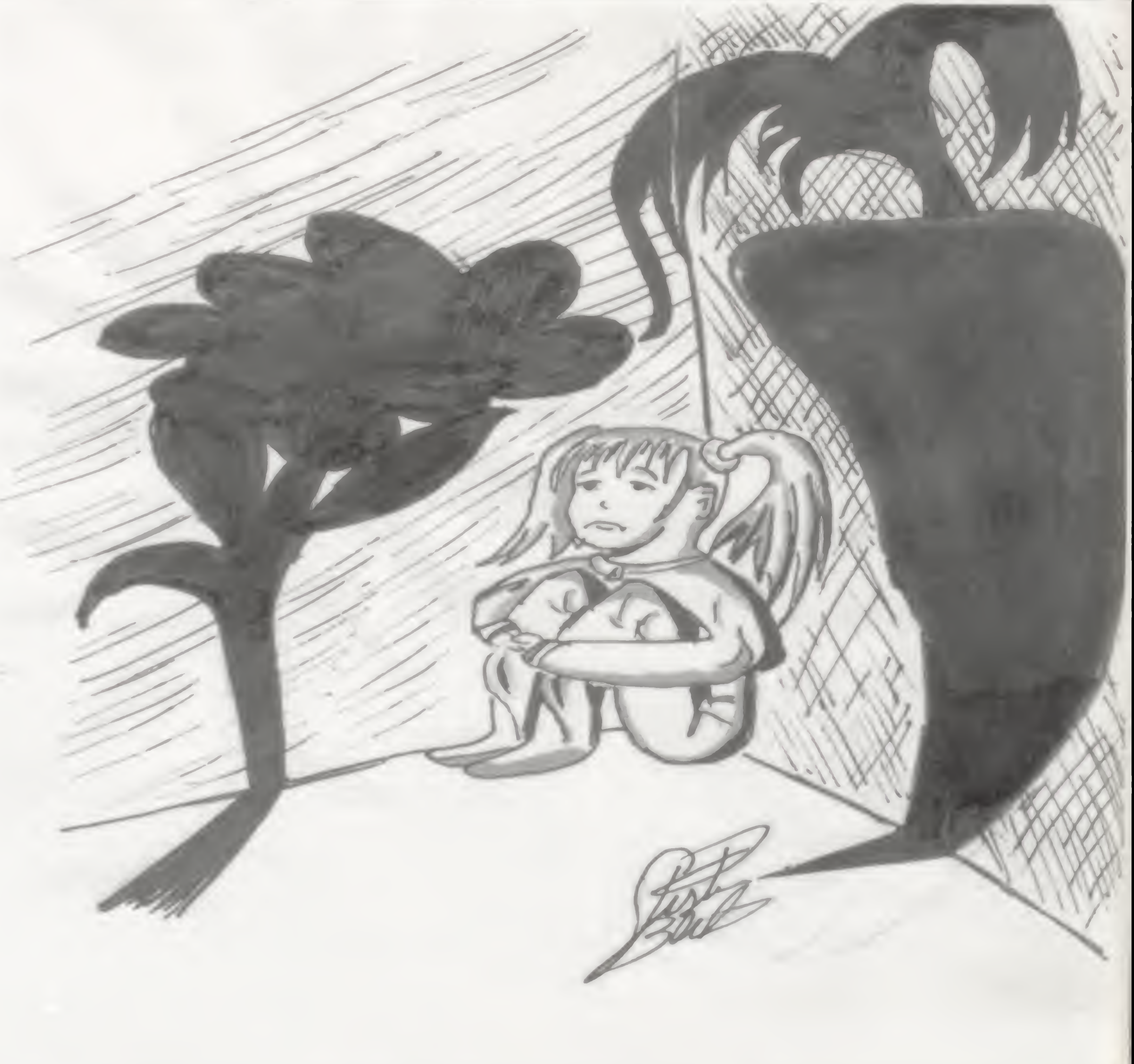
~**Peladophobia-**
fear of bald people.

~**Eleutherophobia-**
fear of freedom.

~**Papaphobia**
fear of the Pope.

~**Coprastasophobia-**
fear of constipation.

~**Phobophobia-**
fear of phobias.



Artists: Justin Bales & Melissa Mills

WHAT SCARES YOU?

After a couple of minutes of thinking, junior **Katie Freel** finally admits what she's afraid of.

"I definitely have a phobia of heights," said Freel. "It's just something I've always had, and I probably always will."

According to the National Mental Health Association, phobias, a type of anxiety disorder, afflict as many as 12% of Americans. There are many different phobias but they all fall under 3 main groups: specific (simple) phobias, social phobias, and agoraphobia.

Specific phobias are the most common, and focus specifically on objects or situations such as snakes or flying.

"I have a fear of taking out the trash at Quik Trip because there's this little metal strip on the trash that scares me," said junior **Dan Williams**.

"I'm afraid of getting sucked down the drain in pools and the bath tub," said senior **Heidi Bailey**.

"Spiders," said Spanish teacher **Kathy Hansen**. "I do not like spiders!"

"I'm afraid of balls flying at me because I'm afraid they are going to hit me," said junior **Melissa Mills**.

Specific phobias usually begin in adolescence or adulthood and strike more than one in ten people. These phobias can disappear or persist depending on the person.

Social phobia is the extreme fear of being humiliated in front of other people. Often people afflicted with this type of phobia are afraid of writing or speaking in front of others.

"I guess I'm kind of afraid of getting up and talking in front of the whole class," said freshman **Andy Buch**. "I don't think I'd call it a phobia, though. Maybe shyness?"

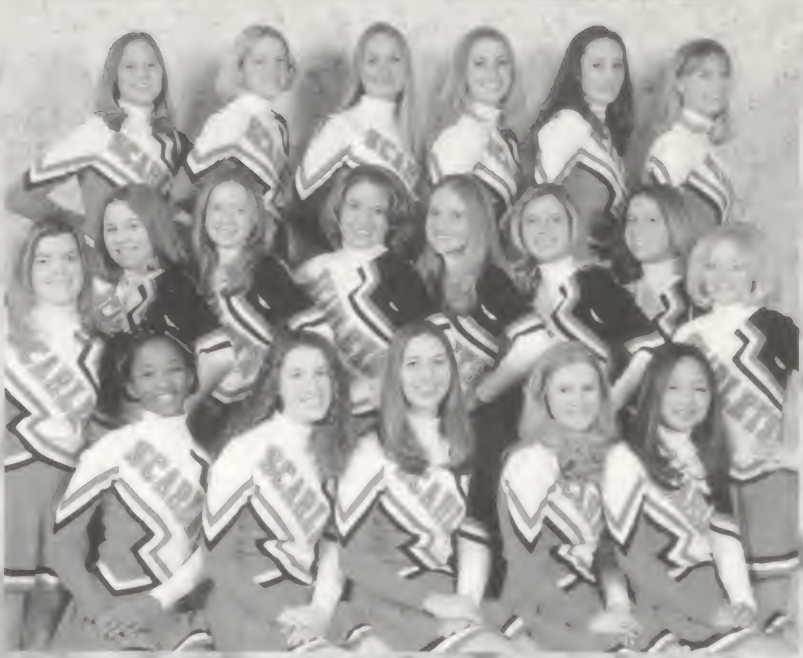
The third group of phobias is agoraphobia, the fear of being alone in public places from which there is no easy escape. This kind is thought to be connected to panic attacks.

There's hope for those with phobias, though. Therapy and just plain facing the fear is recommended, even in "virtual reality."

Virtual reality is one new way that psychologists are helping people to overcome their phobias. Patients experience their fear, whether it be flying or speaking to a large group of people, by a headset with a virtual display of their fear. It's often cheaper than facing a fear in real life and psychologists say the results are promising.

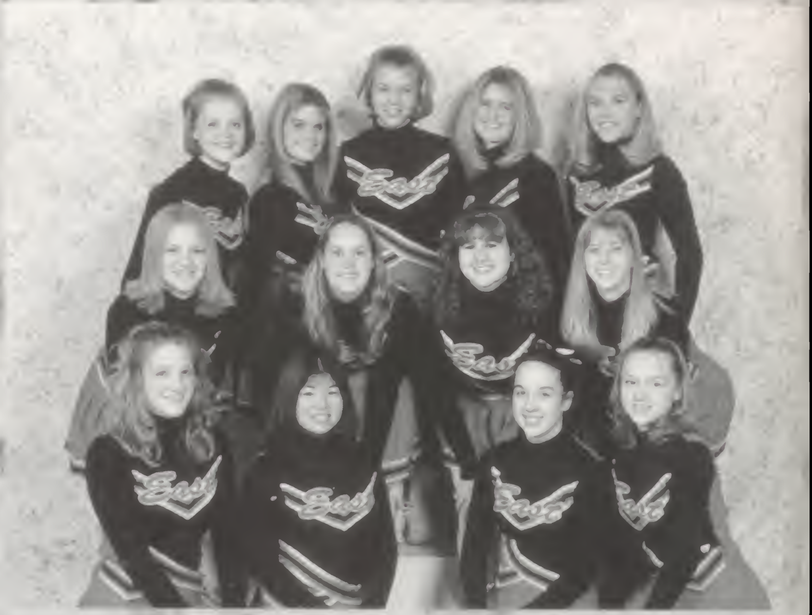
"I'd use virtual reality to face my fear of heights," said Freel. "I'm not sure if it'd work, but I'd try it if it would help me."

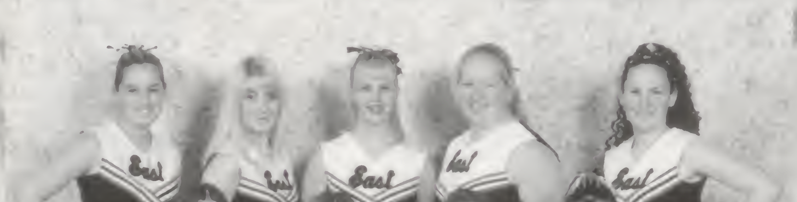
...by Holly Buch



VARSITY CHEERLEADING. Front Row: Jasmine Reed, Courtney Page, Sheena Signs, Amanda Kindred, Saiphone Houangsavanh. Row 2: Jennifer Moore, Cheri Fenton, Kelli Welker, Krystal Pickett, Michele Warnock, Darcy Baker, Jeni Grochala, Lindsey Latcham. Back Row: Stephanie Stapes, Stacy Smith, Tiffany Carey, Tiffany Boggs, Lindsey Carr, Michelle Denning. Not Pictured: Tigre Williamson.

SOPHOMORE CHEERLEADING. Front Row: Chelsea Pickett, Molly Fredericksen, Ashley Tappan, Amanda Armintrout. Row 2: Emily Brandt, Michelle Emery, Jessica Dyer, Amy Heggen. Back Row: Tiffani Byrd, Ashley Munoz, Stephanie Lowe, Aimee Munoz, Stacy Knight. Not Pictured: Mandy Ulmer.





FRESHMAN CHEERLEADING. Front Row: Dottie DiLeonardo, Teara Rice, Amanda McConnell. Row 2: Jessica Christie, Alicia Alverez, Rorrie Nagy, Chelsea Petersen. Back Row: Samantha Winebrenner, Gina Hughes, Lauren Reed, Rochelle Remus, Katie Ring.

Layout: Kilyon Trout.

STEPPERS. Front Row: Dawn Ritchie, April Hiatt, Ashleigh Dowell, Brandi Reinig, Amanda McNeley, Melissa Khodar, Amy Smith. Row 2: Niki Loftus, Andrea Cook, Venessa Boland, Christine Olson. Back Row: Ginger Stevens, Kerry Bloomquist, Valerie Boland, Kati Bainter, Melissa Beede, Amy Preas, Heather Schietzelt, Michelle Gazzo. Not Pictured: Jessica Foreman, Michelle State, Meghan Templeton, Kristin West

COLORGUARD. Front Row: Felicia Coe, April King, Robin Morris, Erin Quigley, Angel Blount, Daeniele Williams. Row 2: Samantha McConnell, Wendy Bradfurd, Cheyenne Thompson, Chantal LeFleur, Megan Edwards, Megan Parsons, Allison Summy. Back Row: Kellie Reuppel, Chasity Lee, Katie Murphy, Dan McKee, Rachel Edwards, Tiffanney Moore, Alison Lowe, Veronica Coe, Shawna McChurch. Not Pictured: Jennifer Oliver.

SCARLET DANCE SQUAD. Front Row: Delynn Miller, Domino Francis, Gabriella Brewton, Jessica Davenport. Row 2: Kamaye Stewart, Teshee White, Regina Jackson, Nikita Person, Karrisa Wing. Back Row: Jovielle Maire, Jonetta Martin, Kim Wagner, Tia Wells, Darcy Bartlett.

CHAMBER CHOIR. Front Row: Laura Porter, Kira Campos-Anderson, Alyssa Long, Misty Stanton. Row 2: Director James McNear, Danielle McConnell, Anna O'Brien, Stephanie Rover, Payton Petrie. Row 3: Wendy Bradford, Chaya Franklin, Brian Jackson, Dustin Shandri, Seth Conn, Dan Williams. Back Row: Kristi Mathis, Angela Marlenee, Jovielle Maire, Scott Flaherty, Mike Markley, Austin Kayser. Not Pictured: Ross Hesseltine, Chasity Lee, Amber Martineau, Krista Wicker, Brian Dix.

LADY SCARLET SINGERS. Front Row: Zaida Canas, Stephanie Beavers, Niki Loftus, Brandi Reinig, Jetaime Rousseau, Christina Yenzer. Row 2: Director James McNear, Marie Kern, Amber Weber, Rebecca Watson, Kim McCallister, Danielle Reynolds. Not Pictured: Janet Knapp, Sarah Guhl, Elisabeth Dalton, Sabrina Tolson.

MIXED CHORUS. Front Row: Krista Kellen, Jolynn Bradley, Mark Standley, Diana Gearhart, Amanda Lary. Row 2: Amanda Palmer, Sarah Kuyrkendall, Kim Pridemore, Tyler McAninch, Aaron Young, Brinden Kelly, Annamarie Fillipelli, Seara Gering, Kandi Latcham, Lidia Chamale, Jennifer Smith, Jolene Short, Stephanie Chia, Season Krause, Renae Peterson. Row 3: Heather Brady, Yvonne Reid, Amanda Danielson, Heather Armstrong, Stephanie Carter, Jacqueline Kern, Heather Hill, Robert Petefish, Cynthia Caylor, Kurtisha Dotson, Amanda Parker, Sirina Greene, Desirai Wright, Amanda Newcomb, Desiree Chavez, Jeni Bosley. Back Row: Chelsea Peterson, Alia Winterbottom, Jamie Cort, Dominique Wright, Andrew Todd, Andrew Webber, Jamie Long, Nickolas Frye, Jonathan Long, John Neal III, Andrew Pebbles, Justin Cason, Harold Van Tassel, Marcella Turley. Not Pictured: Annie Prock, Jessica Payne, Kayla Froehle.

Layout: Kilgore Trout.

PREP CHOIR. Front Row: Katie Axser, Myneka Crawford, Lauren Reed, Michael Her, Charles Reese, Somwong Kitthikoune, Felicia Coe. Row 2: Kirsten Hansen, Ashley Welding, Christy Lem, Gina Hughes, Jason Boll, Ashley Jones, Zoila Chamale. Back Row: Robert Ousley-Lee, David Curtis, Tyler Hauf, Christopher Kayser, Nicole Grimes, Amanda Guerra, Sarah Horch, Drew Davis. Not Pictured: Andrew Webber.

FRENCH CLUB. Front Row: Phonemany Theppanya, Nilaphay Vorasith, Julie Southammavong, Katie Freel, Pres. Khantaly Souvatrat, Vice Pres. Cheri Fenton, Historian Ellen Rothweiler, Angel Chanthavisouk, Simon Lange, Amy Heggen. Row 2: Shauna Ryan, Rosemary Duenas, Francisco Luna, Lizeth Medina, Molly Fredericksen, Scott Phaydavong, Kathy Lee, Jenny Smith. Row 3: Amber Marlenee, Bopha Mom, James Luong, Desiree Chavez, Mary Sparks, Elizabeth Briley, Sara Guhl, Johna Leverich, Jessi Fenton, Stacy Johnson. Back Row: John Green, Jeanna Frost, Sec. Rhi Nagy, Ryan McDonald, Valerie Boland, Dana Van Horn, Jeremy Dunkin, T.J. Dickey, Justin Sholley, Justin Bales. Not Pictured: Amber Giles, Tina HoangVan, Linda Keo, Stacy Knight, Stacey Madison, Rochelle Remus, Katie Ring, Alicia Zacher.

SPANISH CLUB. Front Row: Noemy Carrasco, Heang Sou, Saiphone Houngsavanh, Nathan Cox, Shawna McChurch, Kira Campos-Anderson. Row 2: Nicole Warner, Ernesto De la Cruz, Emily Brandt, Ashley Tappan, Stacey Wood, Nina Moore, Darren Cruchelow, Alicia Alvarez. Row 3: Jenny Golden, Kimberly McCallister, Kellie Reuppel, Omar Otero, Jessica Sweet, Nicole Ballantyne, Vanessa Boland, Shannon Griffiths, Jayme Wetzel, Crystal Smith, Dianna Phomvisay, Jessica Terrazas. Back Row: Justin Anspach, Jack Weber, Trevor Ashby, Mildred Wright, Paul Augspurger, Nicholle Axser, Merry Kouang, Amanda Botts, Tony Williams, Angela Moreno. Not Pictured: Juvenal Avila, Austin Kayser, Leslie Robertson, Misty Waltz.

SENIOR BOARD. Front Row: Jetaime Rousseau, Bridget Davis, Krystal Pickett, Dawn Ritchie, Mary Froehle, Courtney Page. Row 2: Ashley Gilbert, Stephanie Beavers, Niki Loftus, Catherine Knight, Stacey Wood, Jenny Golden, Hean Sou, Bopha Mom, Jessica Sweet. Row 3: Heather Robinson, Sara Westergaard, Meghan Templeton, Michele State, Samantha McConnell, April Hazelwood, Andrea Cook, Katie Murphy, Tiffany Boggs, Lindsay Carr, Nicole Balantyne. Row 4: Ernesto De La Cruz, April Hiatt, Wendy Mehl, Angela Vertz, Shannon Griffiths, Venessa Boland, Denise Birkhofer, Kevin Lundberg. Back Row: Matt Brenton, Craig Williams, Kelli Welker, Chris Olsen, Shawn Head, Heather Hutchinson, Veronica Ortiz.

NATIONAL COUNCIL ON YOUTH LEADERSHIP. (Alphabetical) Tony Antelman, Denise Birkhofer, Venessa Boland, Matt Breton, Tiffany Carey, Andrea Cook, Ernesto De La Cruz, Mary Froehle, Andrew Graeve, Catherine Knight, Shawna McChurch, Zach Mortice, Krystal Pickett, Erin Quigley, Dawn Ritchie, Jessica Sweet, Tria Vang, Angela Vertz.

LIBRARY AIDES. Front Row: Angela Davies, Mikaela Atkins, Phitsamai Songkham. Row 2: Kjersten Harvey, Jose Dominguez. Row 3: Michael Patrick, Heather Dellaca, Stacy Davis. Back Row: Charles Jilek. Not Pictured: Matt Blanker, Jeremy Bowers, Chaya Franklin, David Fuller, Ashley Harding, Corey Patton, Monica Stockbauer, DeLora White.

SAGE. Front Row: Ashley Cowles, Christina Martin, Erin Warren. Back Row: Brian Dix, Katie Karrett. Not Pictured: Judy Rush.

Layout: Kilgore Trout.

KIWANIANS of the MONTH

Andrew Graeve
October

Courtney Page
November

Michael DeMoss
December

Andrea Cook
January

Ted Harrington
February

Katherine Murphy
March

Shawn Head
April

Denise Birkhoffer
May

Bryan Brookshire
May

KNOWLEDGE BOWL. Front Row: Brianna Frank. Row 2: Tyler Hauf, Shane Mihalovich, David Fuller, Allison Rauh. Not Pictured: Jon Long, Ben Van Syoch, Catherine Swoboda.

DESTINATION IMAGINATION. Front Row: Heather Jones, Catherine Swoboda, Row 2. Nate Roth, Trevor Jones. Back Row: Ryan Neff, James Rendall, Andrew VanGundy.

ACADEMIC DECATHLON. Front Row: Kira Campos-Anderson, David Fuller, Fueche Vang. Row 2: Shannon Scarlet, Brianna Frank, Andrea Brockman, Brian Brookshire. Row 3: Sara Guhl, Harmony Gregg. Row 4: Sponsor Maureen Mays, Jon Covalt, Angela Jones. Back Row: Sponsor Keri Frommelt, Vince Gregory. Not Pictured: Anthony Ingrao.

STUDENT GOVERNMENT. Front Row: Shannon Griffiths, Angela Vertz, Shawn Head, Bridget Davis. Row 2. Heather Hutchinson, Christine Olson, Amie Stevens, Carolina Canas, Quashonda Shields-Perrin. Row 3: Niki Loftus, Jennifer Golden, Ashley Armstrong, Jessica Sweet, Veronica Ortiz, Jennifer Oliver. Back Row: Sponsor Samy El-Baroudi, Heston Clark, Samantha McConnell, Tiffanney Moore, April Hiatt, Kathryn Freel, Courtney Schieffer. Not Pictured: Paul Drey.

KEY CLUB. Front Row: Nikki Loftus, Ashley Armstrong, Ernesto de la Cruz, Jessica Sweet, Ben Van Syoc, Brooke Nowadzky. Row 2: Mone Kavan, Ebony Newsome, Danelle Drayton, Heidi Kaldenberg, Sarah Ollie, Adam Ragan. Back Row: Ashley Knight, Kelly Poland, Brooke Brumley, Andrea Grossman, Amanda Grossman, Amanda Carper, Trisha Wickersham. Not Pictured: Kelly Alshouse, Beth Widlund, Holly Hedberg, Alysshia Miller.

NATIONAL HONOR SOCIETY. Front Row: Stacy Wood, Catherine Knight, Jonna Eastcott, Heather Jones, Krystal Pickett, Mary Froehle, Angela Vertz, April Boll, Saiphone Houangsavanh. Row 2: Misty Stanton, Michelle State, Andrea Cook, Andrew Graeve, Tiffany Carey, Ernesto de La Cruz, Mone Kavan. Row 3: Shawna McChurch, Michele Warnock, Matt Breton, Mark Grimm, Darren Gruchelow, Nina Moore, Venessa Boland, Heidi Bailey, Cheri Fenton. Back Row: Katie Murphy, Paul Augspurger, Heston Clark, Zach Mortice, Denise Birkhofer, A.J. Shipman, Eric Brandt, Tony Antelman.

Layout: Kilgore Trout.

UPWARD BOUND. Front Row: Pat McMahill, Jovielle Maire, Tingkham Kamvanh, Vee Moua, Rosemary Duenas, Ernesto DeLaCruz, Heidi Bailey, Ashley Armstrong, Mone Kavan. Back Row: Lan Boutdara, Patrick McGravey, Holly Buch, Felicia Duenas, Ao Vang, Diana Phomisay, Ebony Newsome, Saiphone Houangsavanh, Linda Keothammakhoun. Not Pictured: Misty Waltz, Jonna Eastcott, Austin Kayser, Charles McFarland.

SCIENCE BOUND. Front Row: Yurida Carrasco, Brinden Kelly, Rosemary Duenas, Ernesto DeLaCruz, Kira Campos-Anderson. Row 2: Carlos Patino, Juvenal Avila, Dante Haygood, Ashli Taylor, Delise Lockett, Sponsor Lowell Long. Back Row: Lajaher Mickens, Noemy Carrasco, Neil Hall, Sponsor Annette Ryun, Reeio Sumabat. Not Pictured: Sponsor Janet Boyd, Oliver Powell, Alex Kelly, Danielle Campos-Anderson, Stephaine Chia, Myneka Crawford, Sean Henry, Erainia Jackson, Ashley Johnson.

EXCHANGE STUDENTS. Lars Kruecke, Simon Lange.

PEOPEL PE HELPERS. Front Row: Samantha McConnell. Row 2: Wendy Mehl, Wendy Bradford. Back Row: Katie Karrett, Heather Roseberry, Chad Miller. Not Pictured: Joe Thomas.

ART CLUB. Front Row: Matt Blanker, Crystal Cowles, Judy Leach, Casandra Killinger, Cynthia Van Cleave. Back Row: Courtney Chaplin, Jennifer Barker, Amber Heath, Suzanne Dolan, Jacob Walker.

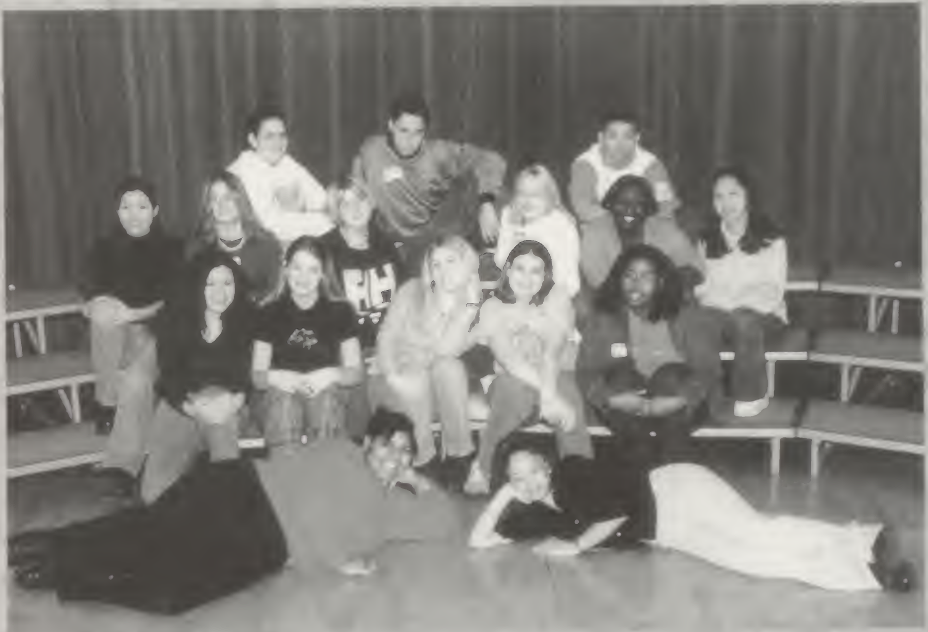
PEP E CLUB BOARD. Front Row: Jamie Rouseau, Chris Olsen, Heather Hutchinson, Lizeth Medina, Krystal Pickett, Kati Bainter, Andrea Cook, Tifani Armintrout, Jenny Moore, Valentina Gomez. Row 2: Monesha Crawford, Rachel Goods, Sara Kernes, Becky McAleavy, Samantha McConnell, Michelle Easter, Shawn Head, Michele Warnock, Kelli Welker, Bridget Davis. Back Row: Jeff Cason, Valerie Blackford, Kelly Clark, Tina Nickerson, Amanda Guerra, Anabelle Kelley, Amanda Parker, Jaysenna Stafford, Justin Sholley.

BUSINESS PROFESSIONALS OF AMERICA. Front Row: Candace Bennett, Lindsie Beck, Heidi Bailey, Niki Loftus, Wendy Bradford. Row 2: Linda Phongphetpannha, Samantha Campbell, Michelle Easter, Adviser Mary Jane Kaldenberg. Back Row: Outhay Thongdam, Jennifer Hyde, Ashley Bennett, Amanda Reed, Meghan Templeton, Ashley Gilbert, Ashley Armstrong.

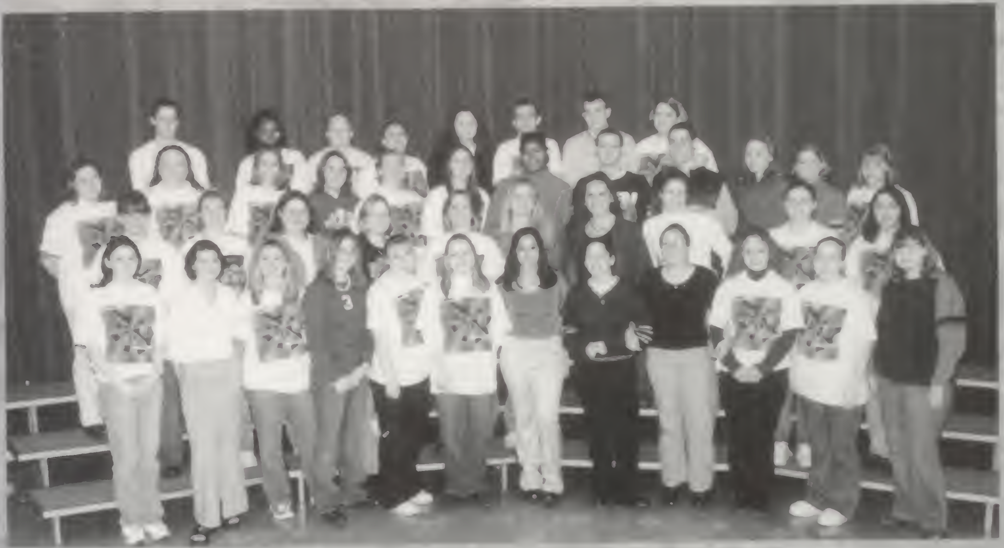
MARKETING SALES. Front Row: Jenny Smith, Leah Johnson, Jodie Cosner, Alicia Alvarez. Row 2: Nancy Hansen, Kerry Bloomquist, Amy Smith, Merry Kouang. Back Row: Jesse Atwood, Justin Wallace, Vincent Gregory, Justin Byers. Not Pictured: Tia Thomas, Richard Lewis, James Pongphimkham, Mindy Quaintance, Kandie Savage, Kirby Skeffington.

NEW HORIZONS. Front Row: Kamaye Steward, Val Gomez, Jeffrey Cason, Christina Thomas, Stephanie Beaver. Row 2: Susan Dolan, Quashonda Shield-Perrin, Noemy Carrasco, Veronica Reed, Heather Robinson, Heather Hildreth, Miles Kellog, Robert Petefish. Row 3: Kimberly Wagner, Cheyvone Thomas, Jonnetta Martin, Sabrina Tolson, Sharon Bohannon, Steven Reben, Adam Boydston, Brad Langford, Jason Steven. Back Row: Noah Yamen, Felicia Duenas, Jayseena Stafford, Terra Flipping, Kendra Johnson, Cory Reben, Dustan Logan, Partick McMahill, Jeffrey Bettis. Not Pictured: Ashley Kuyrkendall, Britney Lee, Kurtisha Dotson, Tamicka Murray, Ashley Coleman, Billy Walker III, William Powell, Ryan Markle, Sara Michener, Dustin Jivden.

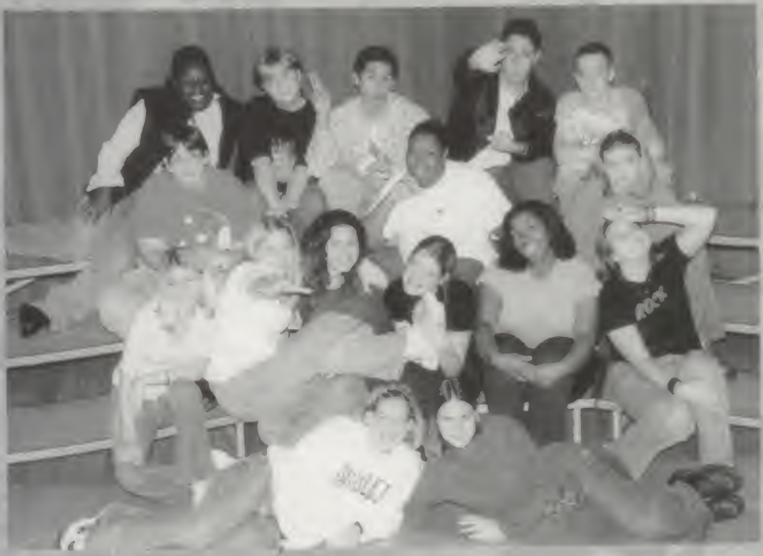
Layout: Kellyon Trout.



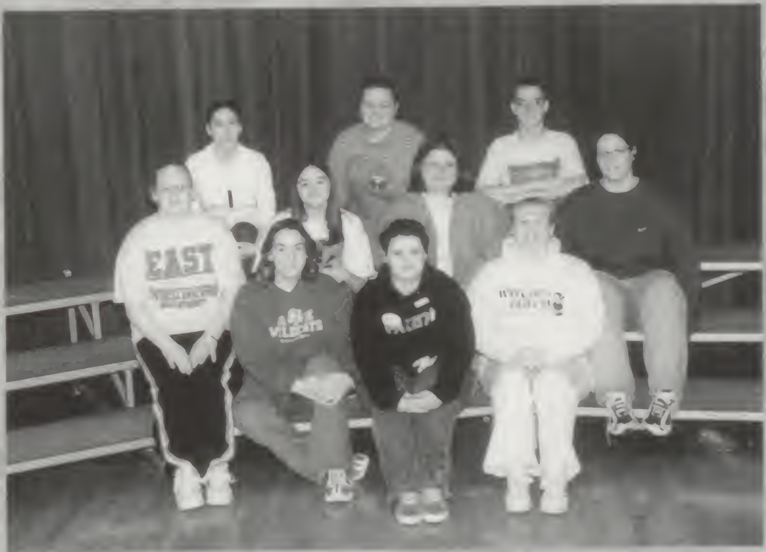
LEADERSHIP COUNCIL. Front Row: Danelle Drayton, Val Gomez. Row 2: Rebecca Rodriquez, Savannah Wadsworth, Ellen Rothweiler, Brooke Nowadzky, Tela Robinson. Row 3: Pon Thipyothin, Bridget Davis, Elizabeth Brilley, Sara Neer, Chaya Franklin, Kathy Lee. Back Row: Amanda Davis, Andrew Anderson, Neal Paul.



ROCK IN PREVENTION. Front Row: Angela Vertz, Heather Hutchinson, Chris Olsen, Bridget Davis, Tifani Armintrout, Niki Loftus, Melissa Khodai, Jonna Eastcott, Sarah Evans, April King, Jenny Smith, Kasandra Lester. Row 2: Nicole Ballantyne, Venessa Boland, Jessica Sweet, Jessica Foreman, Jessica King, Michelle State, Sara Westergaard, Meghan Templeton, Johna Leverich, Cheyenne Thompson. Row 3. Stacy Johnson, Shannon Griffiths, Amy Smith, Katie Hull, Emily Dillard, Stacey Johnson, Danelle Drayton, Clint Nereim, Kenny Paulding, Andrea Cook, Misty Stanton, Felicia Coe. Back Row: Justin Bales, Kim Wagner, Tiffany Moore, Angela Bacon, Dana Van Horn, Justin Byers, Jesse Byers, Lacey Lombard. Not Pictured: Angela Bacon, Kerry Bloomquist, Valerie Boland, Wendy Bradford, Gabby Brewton, Andrea Brockman, Danielle Campos-Anderson, Richard Fierro, Chaya Franklin, Amber Giles, Andrew Graeve, April Hiatt, Melissa Horton, Joe Kephart, Amanda Kindred, April LeClere, Stephanie Letze, Becky McAleavy, Jenny Moore, Adam Ragen, Lyndsey Richardson Nicole Stocker, Debra Wagner, Dan Williams, Kaleena Halterman, Megan Logen



VOICES OF CHANGE. Front Row: Tiffany Dalrymple, Erin Quigley. Row 2: Stephanie Roush, Ellen Rothweiler, Rebecca Rodriguez, Savannah Wadsworth, Tela Robinson, Brooke Nowadzky. Row 3: Amanda Davis, Gaby Galbreath, Tiffany Holly. Back Row: Chaya Franklin, Elizabeth Brilley, Junior Ochoa, Andrew Anderson, Aaron Hazelwood.



SODA. Front Row: Katie Hull, Wendy Mehl, Emily Dillard. Row 2: Tiffany Moore, Stacey Johnson, Jessica Sweet, Katie Karrot. Back Row: Nicole Mabrier, Jennifer Smith, Aaron Hazelwood. Not Pictured: Andrea Brockman.

THEATRE ARTS. Front Row: Savannah Wadsworth, Rebecca Rodriguez, Ellen Rothweiler, Shawn Head, Brooke Nowadzky, Wendy Mehl, Heather Roseberry. Row 2: Erin Quigley. Row 3: Amanda Davis, Heather Brady, Tricia Wickersham, Luke Billings, Johna Leverich, Kasandra Lester. Back Row: Andrew Anderson, Mike Wolf, John Knox. Not Pictured: Elizabeth Briley, Ryan Sutherland.

MIMES. Front Row: Rachel Edwards, Christina Nickerson, Abby Griffin, Emily Brandt, Amanda Michael. Row 2: Tiffany Holly, Elizabeth "Chuckie" Brilley, Junior Ochoa, Lynn Blake. Row 3: Tela Robinson, Alysshia Miller, Tisha Rivas, Kelly Irwin, Gaby Galbreath, Eric Jeffries, Deanna Miller. Back Row: Risa Cave, Kardeea Scott, Mike Patrick, John Green, John Green, Charlie Freeman. Not Pictured: Jessica Nelson.

DEBATE. Front Row: Alex Thornton, Matt Ross, Kevin Sanders, Justin Bales, Jennifer Palmer. Back Row: Jeremy Dunkin, Emily Rice, Allison Andrews. Not Pictured: Kevin Hollingsworth, Amanda Word.

Lamont Kilgore Trout

SCROLL. Front Row: Andrew Graeve (co-editor-in-chief), Matt Breton, Melissa Khodai, Adam Winn, Nate Wittenstein, Jason Williams. Row 2: Sarah Guhl, Misty Stanton. Row 3: April Hiatt, Michele Warnock. Row 4: Alyssa Wilson, Kati Bainter. Row 5: Erin Warren (co-editor-in-chief), Andrea Cook. Back Row: Lindsay Taylor. Not Pictured: Jennifer Grochala, Charles McFarland, David Williams III

QUILL. Front Row: Jennifer Oliver, Heidi Bailey, Kelli Walker. Row 2: Cheyenne Thompson, Debbie Montis, Cheri Fenton. Back Row: Melissa Mills, Holly Buch, Pon Thipyothin, Joe Kephart, Adam Winn. Not Pictured: Shawna McChurch, Brooke Nowadzky, Jackie Chaffee.

PHOTO JOURNALISM. Front Row: Jessica Richardson, April King, Jenny Golden, Dawn Ritchie, Lindsey Carr, Michele Warnock, Melissa Khodai. Back Row: Simon Lange, Katie Hull, James Avon, Stuart Dalrymple, Jesse Bainter, Amy Preas, Sarah Evans. Not Pictured: Mindy Quaintance, Sean Wall.

GRAPHIC TECH. Front Row: Casandra Killinger. Row 2: Judy Leach, Matt Blanker, Christine Schreck, Stacie Schietzelt. Row 3: Chelsea Pickett, Krystal Pickett, Michelle Denning, Saiphone Houangsavanh, Jessica King, Lacey DiMaio, Tina HoangVan, Linda Keo. Back Row: Ryan Schuler, Zach Sadler, Josh Ray, Josh Babcock, Dustin Jividen, Joe DeVore, Heather Robinson, April Hiatt, Amy Kelley, teacher Jeff Bock.

Layout: Kilgon Trout.

ValleyFest XXI
2000

MARCHING BAND / COLORGUARD. Front Row: Tiffany Moore, Shawna McChurch, Allison Summy, Cheyenne Thompson, Meghan Parsons, Samantha McConnell, Megan Edwards, Jennifer Oliver, Dan McKee, Stacy Knight, Chasity Lee, Veronica Coe, Daenelle Williams, Wendy Bradford, Angel Blount, Kellie Reuppel, Robin Morris, Felicia Coe, April King. Row 2: Assistant Director Vern Hansen, Director Mark Hawkins, Assistant Scott Davis, Jenelle Key, Allison Rauh, Amanda Grossman, Katie Ring, Kristina Ferrell, Alyssa Wilson, Debbie Montis, Katie Murphy, Jenny Golden, David Fuller, Carla Woods, Rochelle Remus, Andrea Lopez, Heidi Kaldenburg, Wendy Mehl, Nicole Brady. Row 3: Trevor Jones, Stephanie Murray, Joseph Torrans, Aaron Hazelwood, Jacob Cirksena, Jim Moody, Steven Strock, Zach Mortice, Amber Martineau, Catherine Swoboda, Mark Grimm, Rachael Taggart, Courtney Schieffer, Angela Davies, Shannon Scarlett, Katie Freel, Risa Cave, Brooke Brumley, Heather Roseberry, Beth Anne Jones, Andrea Grossman, Amber Santa Maria. Back Row: Eric Lopez, Aaron Giddings, Charles Lozano, Cassie Peterson, Sean Wall, Ben Murray, Nicole Grimes, Andrew VanGundy, Travis Roseberry, Jeremy McDaniel, Brad Shanahan, Chris Hickman, Michael Fagan, Jared Mendenhall, Martin Schnackel, John Knox, Heather Jones, Delora White, Brenda Harnan, Adam Scarlett, Paul Augspurger, Alex Kelly. Not Pictured: Alison Lowe, Chantel LeFleur, Patti Michael.

JAZZ BAND. Front Row: Katie Murphy, Brad Shanahan, Heather Jones, Stephanie Murray, Trever Jones, Brenda Harnan, Michael Fagen. Row 2: Alex Kelly, Chris Hickman, Nicholas Leo, Andrew VanGundy, Jeremy McDaniel, Jared Mendenhall, Charles Lozano, Simon Lange. Back Row: Eric Lopez, John Knox, Martin Schnackel, Paul Augspurger, Zach Morrice-Lowman, James Moody, Mark Grimm.

ORCHESTRA. Front Row: Trevor Dickey, Dustin Slemp, Kira Campos-Anderson, Jessica Richardson, Brinden Kelly, Mikaela Atkins, Kristin Bernhardt, Joe Smith, Josh Freel. Row 2: Katie Hull, Dan Murphy, James Vance, Janna Dickey, Angel Blount, Dottie Dileonardo, Amanda Botts, Stephanie Carter, Director Jennifer Luft. Back Row: Amy Preas, Shannon Griffiths, Angela Vertz, Michael Mendenhall, Emily Dillard, Jayme Wetzel, Ashley Sample, Veronica Coe, Katie Rogers. Not Pictured: Tyler Boattenhammer, Andrea Brockman, Amy Doyle, Rachel Edwards, Emily Grover, Rebecca Harkins, Francisco Luna, Shawna McChurch, Amanda McConnell, Michael McCourt, Sara Morlan, Michelle Stanley, Angela Tonsi, Fueche Vang

WHAT IS YOUR FAVORITE SPORT?

"I like all sports because they are all fun to play and watch," said senior Anna O'Brian

"Baseball, because the guys look good in tight uniforms," said senior Jennifer Oliver

SPORTS

WIN OR LOSE

Each year we compete, cheer, practice, sweat and bleed for the name of our school, yet we never know what to expect in a game or season. This makes the events of each year unexpected and surprising.

◗Every year is different from the last, people surprise you and teams learn to work together. With all of the sports programs, it's hard to say what will happen or why something happened.

◗Almost everything that takes place on or off, the field or court is unpredictable. With the support of the students, coaches, parents and teachers, high spirits at games and matches are always greatly anticipated.

◗However, with strong fan support and school spirit we should be able to expect the unexpected at all sports events.

...by Debbie Montis

"I like wrestiling because it's an individual sport, which makes it easier to achieve your personal goals," said senior Tria Vang.

"Hockey, because it doesn't have as many rules, and you can just go out and play it with your friends," said senior Adam Winn

"I like track because I like to run and watch people. I also love the competition," said sophomore Debra Wagner.

"Baseball because I can understand that better than any other sport," said senior Shawna McChurch.

aBOVE, GOALIE JUNIOR *Jack Thongsoum* takes a break to pose for the camera. The team practiced a lot to improve by the end of the spring 2000 season.

Photojournalist: James Avon

BurN
A Hole In The Net

While making a transition from old coach to new isn't always the easiest thing, the boys' soccer team learned to work together and grow with their new coach.

Making the change though wasn't all that hard, because the new head coach, **Derek Lounsberry,** was the former assistant coach.

"Although I didn't get the chance to play for the former coach, I know some of the guys did, and I think it may have been a little bit of a challenge not to think about him during practice and games," said sophomore **Scott Flaherty**.

The teams ended the season with records of two wins and 13 losses for varsity and three wins, six losses and two ties for junior varsity(JV). The "C" team ended the season with one win, two losses and one tie.

"I think we did good this year," said sophomore **Dustin Shandri**. "We might not have been ranked number one, but we did win a few games and it showed that maybe we could win next season."

"Even though we didn't win a lot of the games we played, we still tried our hardest to score points and win," said Flaherty.

The practices were usually two hours long or more to help condition and give some players practice. The practices included drills, laps and scrimmages.

"The guys practiced hard and made good efforts to try and win," said senior manager **Anna O'Brien**. "The practices were pretty intense most of the time, so I think they did well."

...by Daniel Williams

JV TEAM MEMBERS CHASE after the ball, trying to score the winning goal against Dowling. The team (below) watches and supports other players as a goal is scored at a home game.

Kick

It where it counts. . .the goal

Each hot day in the spring, waking to early alarms, the girl's soccer team headed to practice stretching, running, and gearing up for competition.

"The first few games were not played all that well but they improved as the season went on and the girls played well together as a team," said Coach **Chaney Yeast.**

Although the team didn't win as many games as they had hoped, they had fun while learning and improving their skills.

"The team tried really hard this year, we even went to the Better, Faster, Stronger clinic," said senior **Krystal Pickett.**

During practices and the bus rides, the girls built stronger friendships and were able to work better as a one-man team.

"The best times were traveling to out of town games on the buses and having fun exercises for warm-ups," said junior **Natalie Plummer.**

"I had a lot of fun getting to know people I wouldn't normally get to meet because our school is so large," said senior **Andrea Cook.**

Playing in the spring brought on a few weather conflicts with the games and practices.

"When we were playing against Lincoln there was a tornado. They sent all the Lincoln players home and put us in a funny little shed," said Yeast.

"We were stuck in this big storm for two hours and we couldn't leave until our parents said we could come home. We were all tired and wet but all we could do was make the best of the situation. So it was fun being together with the team I had grown very close to," said alum **Amber Johnson.**

With all the bad weather, there's one girl who won't forget the rain.

"When playing in Newton there was a big storm and we had to cancel the game. I was asleep on the bus and rain was coming in the roof of the bus and it was just running down my face," said Pickett.

The girls never let their losses get to them; instead, having a good time was more important.

"We were down for a little bit but had fun. I always liked to see what we could improve the next time," said senior **Lacey DiMaio.**

"Even though the girls had losses they were still rewarded with funny little awards," said Yeast.

"We got awards for doing something really dumb or for playing a position we've never played," said Pickett.

...by Jackie Chaffee

SITTING ON THE bench, a group of girls wait to get out to play. While waiting, they encourage teammates.

Photojournalist Mindy Quaintance.

BELOW, THE GIRLS take a little break on the bench in order to try and get their energy back.

TO THE LEFT, THE TEAM IS just hanging around. Above, an east high player uses defense to block the kick of an opposing teammate.

LOVE It!

Being out on the courts isn't as easy as it looks. The boys and girls tennis team put a lot of hard work and effort in trying to win their meets.

"You have to be very patient and be able to focus on what you're doing," said alum **David Frost**, who played on the team for four years.

That's not the only thing the teams work on. They practice on backhands, forehand strokes and teamwork when playing doubles.

"One of the things I work on a lot is identifying my opponents weakness when I'm out on the courts," said junior **Mone Kavan**.

"The hardest thing in tennis being able to keep a good pace or rhythm," said junior **Charles Lozano**. "If you lose your rhythm it makes it easier for your opponent to win."

Tennis is not always about working hard and trying to win; having fun is more important.

"I don't mind if I lose because I know I did my best," said junior **Micheal Weeks**.

Girls tennis coach **Joyce Smith** said, "Winning is not as important as having fun and learning from your past mistakes."

Sometimes skills aren't as important as being a team player.

"You need to have a good attitude and be willing to lose sometimes," said Smith.

With the size of the boys tennis team being so small, some said its "more fun" because we feel like a family.

"I really like our small team," said Weeks. "We have an advantage over other teams that are much bigger because we work well together."

This year the team consisted of nine players; seven seniors and two sophomores.

The boy's coach **Rob Gloe**, was disappointed with the number of players they had.

"It would have been more fun if more people went out for tennis," said Gloe.

An advice was given to students who might be interested in joining the team next year.

"It's really fun, especially if you are new to the sport," said Frost. "If you want to give yourself a challenge, this is the sport."

In contrast with the girls, which ended up with 19 players. It was a tough season.

"We worked really hard, and we had a lot of fun," said junior **Sorya Sunny**. "I will definitely go out for it next year."

Along with trying to get everyone to work hard, the teams practiced separately every day after school, the boys; from 4:30-6 and the girls; from 3-4:30.

"After practice a bunch of us would get together and play a couple of sets on our own time," said Kavan. "This is also how we get ready for meets and tournaments."

Overall the girls finished off their season with a record of 1-9 and the boys 1-11.

"It was a great season," said senior **Meghan Templeton**. "I thought our team had great potential."

The teams joined together for a banquet at Stella's restaurant, where of the each players received letters and awards according to Smith.

"The banquet was the best part of the season," said Kavan.

...by Pon Thipyothin

DURING THEIR BREAK juniors *Sorya Sunny*, *Carolina Canas*, and *Nicholle Axer* gathered up for a picture. The girls traveled to Ottumwa for the first time to have their meet.

Photojournalist: Sean Wall.

WAIT STAFF ONLY
DO NOT

ENJOYING THEIR MEAL, junior *Charles Lozano* and alum *Mike Fuller* said having their banquet at Stella's wasn't a bad idea (top photo). Above, during the banquet, junior *Ginger Stevens* received a letter and an award. Last year's banquet was held at Stella's restaurant also.

Q&A — Why did you join the team? — Q&A

"I thought it seemed like fun and it was just something to do in the spring."
—Junior Cheri Fenton

"I wanted to try it and see what it's like."
—Junior Amy Giddings

"It's fun and yoiu get to wear little cute outfits."
—Junior Ginger Stevens

"Tennis gives you a good workout and I like playing with my friends."
—Junior Nicholle Axser

"I wanted to challenge myself and I like to play tennis."
—Alum David Frost

SITTING IN THE stands, senior *Tigre Williamson* and juniors *Jeni Grochala* and *Lindsay Steele* wait for their events. The girls track team participated in five invitational meets.

RACING FOR THE finish line,alum *Jackie Beener* hands the baton off to junior *Jeni Grochala*. Beener was a team captain and the City Series meet champion in the long jump. At right, coaches *George Davis* and *Deborah Van Velzen* goof off for the camera. The team was also coached by *Lowell Long*, *Scott Ryan* and *Greg Morse*.

Photojournalist: Jenny Golden.

MorE Than Just Running

Track...running. Track...sweating. Track...fun? Most would say no, but members of the girls track team say it's a lot more fun than it looks.

"It probably looked like all we did was run, but it wasn't so bad. It was a lot more fun at the meets," said junior **Lindsay Steele.**

In this year's track meets, the girls finished second in the citywide meet and alum **Marquita Jenkins** placed second for the discus at state, the highest placing ever of someone from Des Moines.

"I was surprised at how well we did," said girls track coach **George Davis.** "We had a lot of good seniors to replace but we had the right mix of underclassmen to step up and not miss a beat."

Having fun and winning meets aren't the only reasons girls join the track team. Davis thinks it's a combination of several different things.

"I think girls join the team for three reasons: track is the purest form of an individual sport, to belong to a group or to tone up," said Davis.

Some girls, though, just join for the challenge of it.

"I wasn't sure I could do some of the events when I first joined," said senior **Angie Davies**. "I kind of surprised myself and it was fun."

Although girls joined the team for different purposes, they all remained members for the same reason.

"Everyone got along well and became friends. It was almost like a family," said Davies.

"It was just an excellent team," said Davis. "All the girls worked together better than expected and they all worked higher than expected."

...by Holly Buch

BETWEEN events, senior Tiffany Boggs has a little snack. This was Boggs' third year on the team.

RacE

Across The Finishline

How would a team feel if it lost its favorite coach? If it lost a man that's been around forever? The Boys' Track team will experience this after the 1999-2000 season; Coach **Don Graves** will be gone.

Some runners are upset by this change because they have never run with any other coach.

"I was upset when I found out the Graves was leaving because he was my coach for the last three years," said senior **Jamie Furby.**

To honor their retired coach, the Scarlet Spring Classic, the biggest varsity home meet was renamed the Don Graves Invitational.

The rest of the team generally agrees with Furby and Graves that Graves should have stayed longer because of the effect he had on his runners.

"We raced against a lot of hard schools, but we tried our best no matter what, and he always supported us," said junior **Don Holfry.**

Three times during the season East placed fourth at the Roosevelt, Lincoln, and Johnston Invitationals.

"We're proud of how we raced against the other schools," said freshman **Gabe Hibben.**

The coach for the 2000-2001 season is Mel Green Jr. Even though Green has big shoes to fill, the members of the team feel Green will be a great success at East.

"I am looking forward to a great season with the new coach. I heard he was successful at his last school and he should do a lot of good for us," said Hibben.

...by Michele Warnock

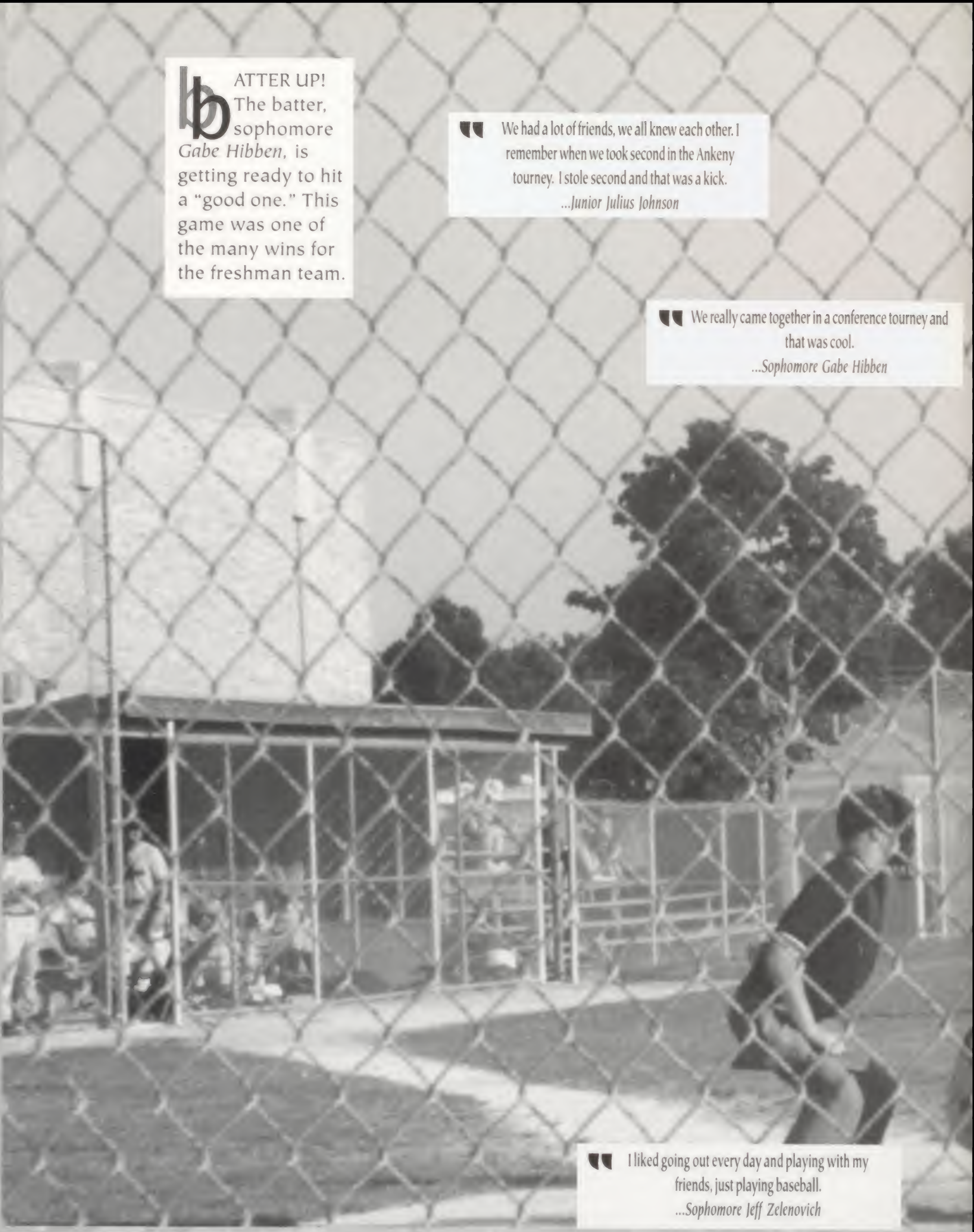
Alum NATE Hibben runs the 4 X 800 at a track meet. Hibben represented the track team for all four years.

Photojournalist: Michele Warnock.

SOPHOMORE *GABE Hibben* poses with brother, alum *Nate Hibben*, and retired coach *Don Graves* at the annual track banquet and awards ceremony.

Winston Churchill

COACH *DON GRAVES* (above) shows off an award he won. Graves won an assortment of awards throughout his teaching career. At left, runners stand proud as they are presented with their award at the banquet and ceremony.

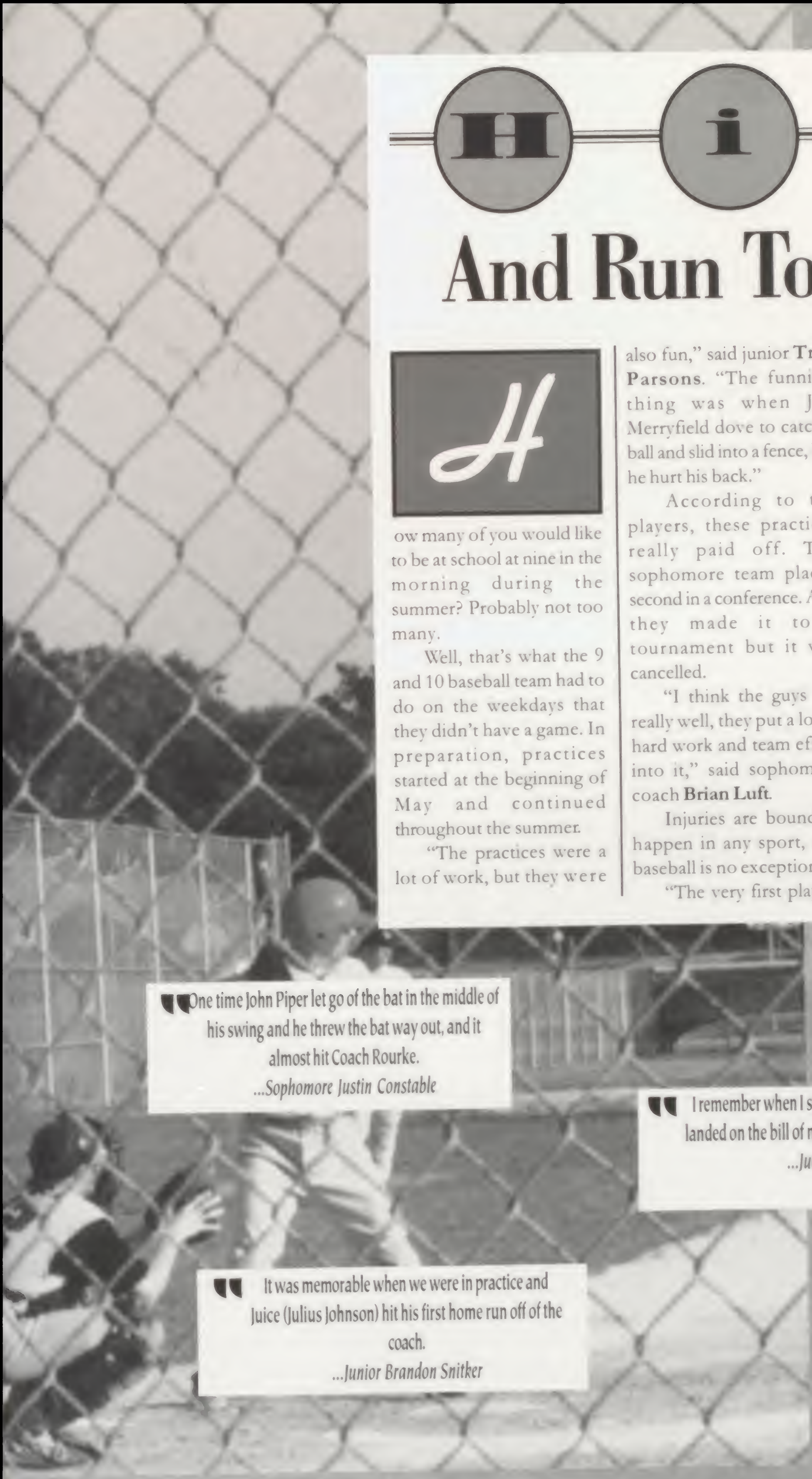


BATTER UP! The batter, sophomore *Gabe Hibben*, is getting ready to hit a “good one.” This game was one of the many wins for the freshman team.

“ We had a lot of friends, we all knew each other. I remember when we took second in the Ankeny tourney. I stole second and that was a kick.
...Junior Julius Johnson

“ We really came together in a conference tourney and that was cool.
...Sophomore Gabe Hibben

“ I liked going out every day and playing with my friends, just playing baseball.
...Sophomore Jeff Zelenovich



HiT And Run To Victory

How many of you would like to be at school at nine in the morning during the summer? Probably not too many.

Well, that's what the 9 and 10 baseball team had to do on the weekdays that they didn't have a game. In preparation, practices started at the beginning of May and continued throughout the summer.

"The practices were a lot of work, but they were also fun," said junior **Troy Parsons**. "The funniest thing was when Joe Merryfield dove to catch a ball and slid into a fence, but he hurt his back."

According to the players, these practices really paid off. The sophomore team placed second in a conference. And they made it to a tournament but it was cancelled.

"I think the guys did really well, they put a lot of hard work and team effort into it," said sophomore coach **Brian Luft**.

Injuries are bound to happen in any sport, and baseball is no exception.

"The very first play of the season the left and center field players collided into one another, and one of them got their eye cut open. Another player got a broken finger.

"It's just so amazing to me what some people will do for the sake of their team," said senior **Jennifer Oliver**.

Some players from both baseball teams were even chosen to play on the All-Star Little League team.

"It was really fun being on the All-Star team, because when we traveled we got to stay with different families, and it was really interesting to see how they lived," said Sloan.

...by Brooke Nowadzky

"One time John Piper let go of the bat in the middle of his swing and he threw the bat way out, and it almost hit Coach Rourke.

...Sophomore Justin Constable

" I remember when I spit up into the air, and the spit landed on the bill of my hat, and dripped in my face.

...Junior JD Smith

" It was memorable when we were in practice and Juice (Julius Johnson) hit his first home run off of the coach.

...Junior Brandon Snitker

EasT

Does The Unexpected

Playing East High baseball isn't what anyone would expect, according to head coach **Brian Luft**. To play for East you have to have the desire to play at all times, and want to win at all times.

The desire of the Scarlets was especially strong. The team ended the season with more wins than any other East High baseball team ever. The team placed fourth finishing 16-8 in the Central Iowa Metro League, (CIML).

"A big reason for our success this year was because everyone played 110% at all times," said Luft. "They always left everything they had out on the field."

Not only was the team extremely talented, they had a lot of key leadership. The team consisted of 12 seniors, eight of which were normal starters.

"Any team can have talent but not many teams can do anything with it, said coach **Cory Shupe**. "With our leadership we were able to pull ourselves together and win a whole lot of ball games."

This year's seniors pulled everything together for the Scarlets. There were numerous times when the seniors called practice on Sunday afternoons. The practices were player-run and optional to attend.

"I think all the extra practices we had helped the team out a lot in the long run," said senior **Mike DeMoss**. "We not only became better at the game but we also became better friends."

The team showed family like unity which stood out and was recognized by most people. Going out to eat before game and after practice were ways of showing the people, the team was pretty much like a family. Not only was this unity in the players it was also in the parents.

"I don't think we would have had the successes we had if it weren't for the parents," said coach **Brian Hoff**. "The parents were a big part of the family like atmosphere we had this summer."

The season ended leaving many memories lingering in the mind of the Scarlet players, like defeating Dowling three out of four games, winning tournaments, and the group outings the team had.

"The thing I remember the most about this season was all of the weekend tournaments we had," said alum **Josh Stapes**. "Spending time between games at the mall brought our team together as one."

It wasn't just the players who were left with many memories. The coaches also had many things lingering in their minds after the final game was played.

According to Hoff, the things that he remembered most were the wins against Dowling and the time the team "swept" Ottumwa on their field

The scarlets received many honors and awards for what they accomplished.

All star team: Nate Tounsley, also voted most valuable player (MVP) of the all star tournament. First Team All District: Luke Krpan, Tounsley. First Team All Conference: Tounsley. Second Team All Conference: T.J. Michelsen, Krpan. Honorable Mention: Matt Constable, David Freeksen, Joe Housley, Jamie McDaniel, Josh Stapes, Adam Wilson, and Joe Kephart.

"Being apart of this team was a great honor," said alum Krpan. "I'm really happy for what we've accomplished."

For coach Shupe, who was coaching for the first year, he was amazed by the team's accomplishments.

"Even though this was my first year coaching, I don't think I could be apart of any better team in the future," said Shupe.

...By Joe Kephart

Photojournalist: Jesse Bainter

aFTER THE GAME, TH varsity team finished up their Senior Night with a win against Ottumwa. The Scarlets ended up beating the visitors three out of four games.

THE SCARLETS GET HELP from their big sticks (top photo). Above, senior Adam Wilson delivers the Bulldogs a huge loss on Senior Night.

PLAYERS: What would your life be like without baseball?

"My life without baseball would be incomplete."
—Senior Mike DeMoss

"Without baseball, my summer would be pointless."
—Senior Andy Graeve

"My life would definitely not be the same."
—Senior Ryan Schuler

HiT It To The Fence

The crowd is cheering, the players are ready, and it starts! It's the beginning of a new season for the 9/JV softball team. It started as just another season for the team, but that was about to end when they won a few games.

"It was fun, and the fact that we played well together made it even better," said sophomore **Kjersten Harvey.**

Playing together is not all it takes to be a team. It takes good coaches and a winning spirit.

"I liked our coaches, **Jenny Young** and **Tricia Yenzer**. They really know what they were doing and helped us out when we needed it the most, and that is when we were on the field playing," said sophomore **Tiffany Dalrymple.**

Playing as a team, having good coaches and winning games, may do a lot for a team, but it takes team effort.

"I really liked the team this year because we played and won many games together as a team, which made it easier to win. It is totally different then playing softball for gym class," said senior **Angie Bacon.**

There are a lot of differences from softball in gym and softball as a sport. One example would be the equipment used.

"The bats, for one, are way different then the ones we used in gym class. The weight of the bat, in gym class, is about 3 pounds lighter than our bats for softball. In gym, we didn't use gloves, because the ball is softer than the ball for our games," said Dalrymple.

Not only is the equipment different, but also the way the game is played has changed from the sport.

"In gym class we played on a concrete parking lot. In the real game, we played on the field," said Bacon. "The team effort and sportsmanship has also changed and is not used as much in gym class as it is in the real game."

...by Jennifer Oliver

GETTING READY for the pitch, this batter is concentrating on making a hit. The 9th grade team won 17 out of the 30 games played this season.

DON'T GET STRESSED! is what these softball players, above, are thinking right before a game. Both teams did very well this season and won multiple games and conferences.

Photojournalist: Sarah Evans.

JUST ABOUT TO PITCH the ball, junior *Michelle Deaning* winds up to deliver a strike (at top). Above, coaches of the varsity softball team discuss strategy and share laughs with each other. The 9/JV team records were just as good as the varsity's.

Moments: What were your favorite moments of the season?

"When Mandy Ulmer dove to catch the ball and fell on her knees.
— Junior *Sarah Evans*

"It was exciting when we were number one in conference.
— Junior *Kjersten Harvey*

SlidE In To Home

We want a single S-I-N-G-L-E, we want a double D-O-U-B-L-E, we want a triple T-R-I-P-L-E, we want a homerun H-O-M-E-R-U-N. Homerun, Scarlets. This was a cheer heard on the sidelines for the junior varsity and varsity softball teams.

"Placing number one in the state for most of the season was our biggest accomplishment of the season," said Junior **Michelle Denning**.

"It takes a lot of patience and hard work for the team to have gotten as far as they did and it was the main goal at practice to focus on working together, said assistant coach **Lizz Baethke**.

Try-outs were held at the beginning of summer. There, a group of girls were chosen, and all different ages were picked for the team. The team also consisted of four freshman that matched its four seniors on the team. Each of the girls got to know each other and many made lasting friendships.

"The funnest time of the season was getting most of the squad together and having a sleepover at my house. We stayed up all night talking and watching movies, and went to our game early the next morning all very tired," said junior **Lindsay Steele**.

The girls practiced at the batting cages from 10-12 A.M. on game days and 3-5 on the field every Monday through Friday. Scrimmaging and playing catch left handed were games the team used for fun warm-ups.

On the field it is not up to one girls effort to lead the team to victory, but instead each individual working together as a squad to make each play count. This is the time the team pulled together to act as one and show what they've practiced for all season.

"When a team member was up to bat we all cheered each other on from the dugout and it built confidence in all of us," said senior **Tigre Williamson**.

This year was also the ending year for retiring head coach Bob Savage to be in charge of the varsity team.

"I know we could have never gotten as far as we did without him. He was always straight forward and stuck with us for the whole season," said Steele.

The team was knocked out of the first game at sub-state against Ames, but still managed to end the season with a final record of thirty-nine wins and 4 losses.

...Kelli Welker

kATHLEEN ROBINSON, Jeni Grochala, Lindsay Steele, Brandy Budd, and Danielle Zenor take time out to rest before a big game. The girls stayed overnight in a hotel before they played Ottumwa (above). To the left, freshman Brandy Budd catches a low ball during practice.

Photojournalist:Melissa Khodadi.

IN THE DUGOUT A FEW of the girls take time to relax on the bench. In the huddle (at top) the girls and Coach Bob Savage say a cheer to begin the game.

BEFORE A BIG game the team awaits the singing of the National Anthem that is the start of the game, while Lindsay Steele and Mandy Reishorn try to get their teammates pumped up.

TimE for changes

It is time for the Scarlets to stand up and let everyone know that they are the team to beat. According to East coaches the Scarlets are about to rewrite the history books.

"Everyone is always talking about how we use to be, " said coach **Ken Burgess**, "but now it is time for to change that all around."

The Scarlets finally feel that they are moving the program in a positive direction. They also feel that East will soon be appearing in the "win column a lot more."

"I'm glad that we are finally going to try and catch up with other schools," said sophomore **Gabe Hibben**.

This year the sophomore and freshman coaches weren't disappointed with the seasons they had. The coaches feel that at this level, winning wasn't the important thing. Teaching the kids the fundamentals of the game was what they need to concentrate on.

"Our main goal at this level is to get the players ready for varsity," said Burgess, "Teaching them the fundamentals of the game is how we do that."

Like varsity, the teams had to learn a whole new offense. So the whole program had to go through a lot of change with a whole new coaching staff. The coaches all felt strongly that most of the kids in the program enjoyed the changes.

"I think it was easier for the freshman and sophomore to adapt to all of the changes. It was harder for the older kids because they still had some loyalty towards coach Raz," said Burgess.

The Scarlets may not have won as many games as they wished, but they felt that they gave all they could and only good things are to come.

"Even though we didn't show it with our record, we sure let the other teams know our program is on the rise," said sophomore **Mike Chumbley**.

...by Joe Kephart

TRYING HIS BEST TO score is sophomore *Mike Chumbley*. The Scarlets went on to win the game 28-0.

Photojournalist: Melissa Khedai.

Moments : What was your favorite moment of the season?

"When we beat Hoover, and our team finally started to come together as one .
—*Sophomore Jack Housley*

"When I got my first high school win against North.
—*Freshman John Stapes*

aBOVE, HELPing his team out, sophomore John Piper tackles his opponent. The team played Ottumwa during their homecoming week. Below, the freshmen scramble after a fumble in their game against North. The freshmen won the game 42-0.

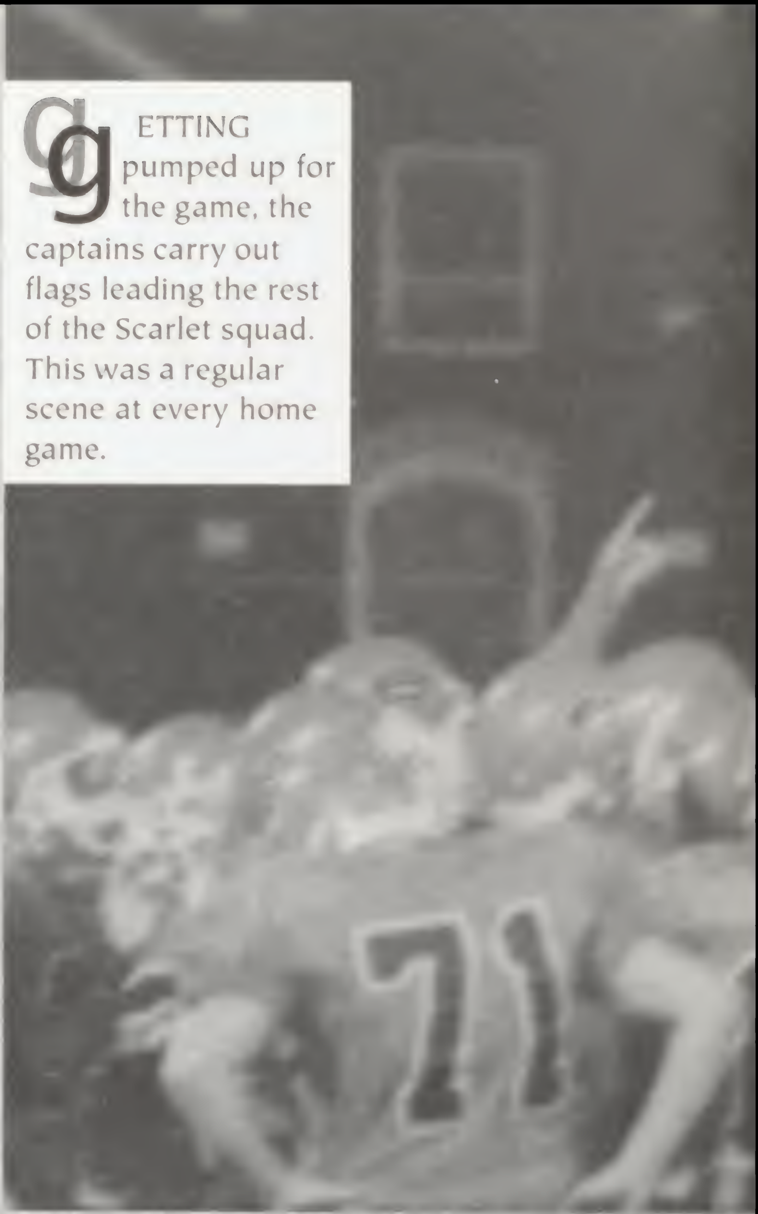
KNOWLEDGE -bowl-

? In what year did East play its first night game?

? When was the last post-season victory for a city school?

? In 1902, what two state championships did East win?

Answers: ?1; Nov. 15, 1929 at Drake Stadium vs North (25-0) ?2; Nov. 1, 1989 East vs Indianola (13-10) ?3 Des Moines West (33-0) and Nebraksa.



GETTING pumped up for the game, the captains carry out flags leading the rest of the Scarlet squad. This was a regular scene at every home game.

REACHING FOR THE endzone after the reception, senior *Randy Blackford* tries to score a touchdown. Blackford went on to become 1st Team All Metro Wide Reciever.

Photojournalist: Kati Hull.

IT Keeps Getting Better

Getting better every day was what the East High football team was all about this season. The team set their limits at the beginning of the season and they stuck to them.

"Our goal this year was to make ourselves better today than what we were yesterday," said junior **Shane Clements**.

Making themselves better every day was even more important to the team and coaches than winning. They felt that to be a good team they needed to make a dedication to their school work and to the team twelve months out of the year.

"Coming into the season, I wasn't expecting to win a lot of ballgames," said junior **Aaron Hook**, "but I was expecting the team to live up to our standards."

The Scarlets faced a lot of new changes this year, from a new coaching staff to a whole new look.

"I came to East hoping to change everything around," said new head coach **Darrin Fisher**. "I want to try and make East football become the program I know it's capable of becoming, and I hope that everyone will believe in what I'm trying to do."

Not only has the look of the team changed, but the way they do things has also changed.

"Coach didn't put our names on the back of the jerseys," said senior **Alan Jones**. "He felt that we were a family so no one needed to be singled out."

Yet, was change what East football really needed? According to many of the players, change was long overdue.

"Our record may not have showed it, but we really did do a whole lot better this year," said Hook. "Sometimes you just need a slight change to get back into the groove of things."

Now with everything changing, there was only one ingredient missing to make East a successful team – the fans.

"All the successful teams I have ever seen have had die hard fans to cheer them on," said coach **John Walling**. "And everyone needs to look out because the Scarlet fans are coming alive and bringing more spirit than ever."

...by Joe Kephart

READY SET GO! IS WHAT junior DeMoen Danish says as he takes the snap. This was his second year starting for varsity.

WorK Well Done!

The ball is in the air, fans and supporters are shouting and cheering, and in the mind of one Scarlet is, "Keep the ball up."

"The trick to winning is to keep the ball up and that's what I keep saying to myself," said sophomore **Ashley Munoz**, who has been playing since the seventh grade. "I was really nervous when we were playing, but at the same time it was exciting."

On Tuesday, October 17, the sophomore girls played Lincoln and defeated the Rails, which left them standing first in the conference. The conference is a term used for the metro schools in Des Moines, such as Roosevelt and North.

"We tied them and had to rally score the third match," said sophomore coach **Jenny Young**. "The girls did a great job at Lincoln, which left a good ending to our season."

For some of the girls, being first in the conference was rewarding because they worked hard.

"It took a lot of practice and hard effort to be on top," said sophomore **Aimee Munoz**. "We wouldn't have done it without working together as a team."

Along with the many victories of the sophomore girls, the freshman girls finished off their season placing second in the conference. The freshman squad consisted of 14 girls and the sophomores had 11 girls on the team.

"I am really proud of them," said freshman coach **Mary Decker,** who has been coaching for 6 years now. "The girls worked hard on and off the season and continued to improve and do their best."

The teams worked on ball handling, bumping and many other aspects of the game. Practices were every day from 4:30-6 p.m. The freshman girls practiced at Goodrell, while sophomores practiced at East.

In order to keep up their winning streak, the girls worked hard on passing and communicating with teammates.

"Volleyball is a difficult sport because it requires a lot of communication and the girls worked it out really well," said Young. "There are no plays required in volleyball and this makes it different from other sports."

Some of the positions in volleyball are setter, middle hitter, outsider and defense and games last for an hour. Three matches are played; the winner is determined by which team is the best of the three matches.

Most of the girls on the team are friends and cooperation was easy.

"I like our team," said sophomore **Chelsea Pickett**. "We all knew each other as friends and we always tried our best."

One thing the girls did different this year was having their tournament held in Indianola for the first time, according to Young.

The season began in the month of August and ended in late October with a banquet on October 31 in the cafeteria.

"The season went by so quick that we hardly knew it was over," said sophomore **Jade Jordan**. "It was a great season, I hope next year will be even better."

...by Pon Thipyothin

INSIDE THE SCARLETS' mind is focusing on the game and doing well. Both the freshman and sophomore teams had a "great season" according to coach *Mary Decker*.

THE SCARLETS get ready for their home match against Roosevelt. The sophomore girls were proud of their victory.

Photojournalist: Jenny Golden.

ABOVE, THE freshman girls fight against Hoover. Left, the sophomore girls get pumped up to prepare for another win. This is the first year of coaching volleyball for sophomore coach Jenny Young, who also is an East alum.

New Season, New Coach

Scarlet volleyball was spiked with a new head coach, Terrie Fenstermann, to kick off the start of the season and begin a new era.

With her job as the new head coach, Fenstermann is striving for a winning season.

"My expectations for these girls are to improve in every game that we play," said Fenstermann.

Fenstermann is not the only coach showing her face at a new school for the first time. At least nine of the Central Iowa Metropolitan League volleyball programs hired new coaches for the season.

Fenstermann took the spot of Lizz Baethke, who is now head coach at Urbandale.

"Lizz was a great coach, her shoes are probably quite hard to fill," said sophomore Stephanie Cozad. "But it looks as though coach Fenstermann knows her stuff."

After coaching at Des Moines Roosevelt for seven years, and teaching only part time, Fenstermann had had enough.

"I saw there was a full time physical education job and an opening for the head volleyball coach," said Fenstermann.

"There are too many schools getting new coaches. I just hope there is never a time that we are without one," said sophomore Aimee Munoz.

The awkward change of accepting a new coach may be difficult for some. Sophomore and starting varsity player Chelsea Pickett said that she was "a little nervous" at first, but she is now all right with the idea.

Though volleyball has the highest participation rate of any high school sport for girls in Iowa, the lack of coaches is anything but appealing. There is no telling how long any of these new coaches will remain at their current coaching positions.

"Coach Fenstermann and the rest of the new coaches are a great help to these girls," said parent Joy Bainter, whose daughter, junior Katie Bainter, is a junior varsity and varsity player for the Scarlets.

There are many reasons for which coaches may leave their positions behind, but with the current growth spurt in girls volleyball, the only solution for the problem is qualified and experienced coaches.

As the need for coaches continues to grow, there are few available to take these jobs.

"Rumor has it that Fenstermann was the only person to apply for the job," said parent John Wetzel, "Whether or not this it true is beyond me. I just hope that she is working well with our girls."

...by sophomore Brandy Budd

Photojournalist: Jennifer Golden.

AMY GODDARD TRIES to make a good hard hit when one of her teammates plunges to hit the ball so that it makes a score.

THE GIRLS practiced every day after school and on Saturday. At near right, the team works on hitting the ball back and forth over the net. At far right, the girls practice their spiking drills.

SITTING ON THE bench, the girls volleyball team just can't wait till they get to play in the game.

BeaT It Over The Net

The girl's volleyball team did a good job this year, starting fresh with a new coach, new practices and new procedures.

"We did pretty good this year with a new coach and all, but we lost four of our best starters," said senior **Lindsey Carr.**

"The practices were a little bit hard this year, and I was always nervous at our games that I was gonna mess up and that everyone would be mad at me," said freshman **Ashley Letze.**

All the girls seemed to like the new coach this year.

"Coach Fenstermann was a really fun coach, I liked her a lot. She was fun and she even acted like a kid sometimes," said Carr.

Terrie Fenstermann transferred form Roosevelt school and has been doing very well according to the players.

"I think that she is a very good coach, she works hard and is a lot of fun to be around," said sophomore **Jayme Wetzel.**

She even took the girls to the teachers lounge the night before their first game and surprised them with a pizza party.

"That was fun for us we got to know a little bit more info about our new coach and what things were gonna be like," said Carr.

This year has been good for the girls, yet challenging. The girls had to make sure that they were at every practice or they didn't get to play in the game. sometimes team members would go through hard times, but no matter how much they fought they always ended up the best of friends again.

"We never stayed mad at each other for very long," said Letze.

Having games can be fun, but traveling can be hectic.

"I was on the edge when we got stuck in Cedar Rapids on Homecoming for a game," said senior **Krystal Pickett.**

"We usually get stuck riding a school bus to our games, but when we played Ottumwa, it was fun because we got a charter bus and got to watch movies," said junior **Cheri Fenton.**

...by Jackie Chaffee

BELOW IS SOPHOMORE Gabe Hibben laying it in, at a game against Ames. East went on to lose in the fourth quarter of the game.

SETTING A PICK, sophomores Jordan Turner and Andrew Olsen hold off a defender as Montez Rankins makes a try for a three-pointer.

READY FOR THE rebound, sophomores *Gabe Hibben, Andrew Olsen* and *Jeff Zelenovich* 'hit the boards' to pull down a defensive rebound.

HOOPN'

Boys Ball It Up

The freshman and sophomore basketball teams had their troubles but they still found a way to meet their goal – get better and better with each practice.

"Frustration was one of the biggest factors for us," said sophomore **Bo Harvey**. "We found it hard to come to practice and stay motivated with our record."

The sophomore record was 4 wins and 12 losses and 3 in 10 in their conference.

"We should have beaten some of the other teams in our conference," said sophomore coach **Brian Luft**. "We had a lot more talent than most of them."

The freshman team played a lot of good teams this year.

"We had a lot of opportunities to win more games than we did. We just couldn't get going when we had the chance," said freshman coach **Brian Hoff**.

Practices consist of drills and dribbling to help them prepare for varsity basketball.

"The whole purpose of freshman and sophomore levels is to prepare and teach them what they need to know for varsity," said Head Varsity Coach **Andy Howard**. "We try to teach them everything when they are young."

The sophomores struggled with the season with some key players hurt. They just couldn't get the team unity that they needed to have a successful record.

"Sometimes we didn't play as a team, but when we did, we showed what we could do," said sophomore **Adam Bolander**.

A goal for the freshman team is to improve their skills and learn as much as possible in time for varsity.

"We played a lot of good teams, but we should have won more than what we did," said freshman **James Rendell.**

I look forward to coaching both of these teams in the future," said Howard. "They can only get better with time."

...by Mike Chumbley

Memories : What were your favorite moments of the season?

"...when I got a lump the size of a golf ball on my forehead playing SE Polk.
— Sophomore *Anthony Renfro*

"...when we played Lincoln and I had 27 points.
— Freshman *Jason Brownell*

"...when we were playing Newton and we won by 3.
— Sophomore *Adam Bolander*

"...when Carlos (Patino) was arguing with the ref saying "I didn't touch him," in a baby voice.
— Freshman *James Rendell*

East High Scarlets

Whole-hearted Sophomores

...by Heather Kilby

East High sophomore girls basketball players didn't give up as their seven game losing streak continued on to game eight.

After losing two star players early in the season, the team just began to crumble, but they pulled themselves together physically and mentally, bringing home a few victories by the end of the season.

"I think when we started playing as a team, and not as individuals, we were more successful," said sophomore **Miceala Mallett**.

The sophomores' first victory was against Ames Little Cyclones. They believe that they played as a team that night and that is why they won. They also believe that they wanted it in their hearts more than anything, which led to the success and also helped boost their self-confidence and team spirit.

"We need to play like that every game," said Mallett. "We wanted it, and deserved the win."

The sophomores had to overcome many changes within the team. As a freshman year they had an "A" and "B" team. Having the two teams split the playing time up more evenly, and gave the girls a better chance to move up to a more important role.

Being only one team caused more stress for the players and coaches. It was hard for them because the starting line-up was constantly changing and two starters were also playing on the varsity level, which gave them hardly any time to practice with their sophomore teammates.

Sophomore coach and biology teacher **Lowell Long** constantly told the girls to keep their spirits high and to never quit. He wanted them to know in their "gut" that they can do it and that if they tried their best anything was possible. His all time favorite saying was "then you will go in for that great 360 degree windmill slam dunk."

"When you walk up the stairs by the cafeteria, you will see the sign that says 'Quitters never win' and 'Winners never quit' and that is how I want my team remembered," said Long. "We aren't quitters, we need to keep our heads high and spirit the highest."

Photos by Photojournalism Staff

Scarlets Shoot to Score

Girls basketball players stick together after a tough season. The teams didn't win as many games as they have in previous years, but this didn't stop them from trying hard and putting in 110% as much as possible.

The underclassmen kept their spirits high and attitudes positive even when things didn't go as well as they planned.

The sophomore team finished the season with 5 victories and the freshmen finished with only one. Most wins were against teams in the conference.

"Most of the time I think we played more as individuals than as a team. If we would have played together, we definitely would have been much more successful," said sophomore center **Shannon Noble**.

Noble feels that sophomore coach **Lowell Long** was patient in helping the team improve their basketball skills. Sometimes the team felt as if other teammates didn't let him do his job.

"I think that coach would have been more confident and proud if I had changed my attitude," said Noble. "That would have brought more enthusiasm to my game."

The freshman team had a hard time playing together because many players came from several different schools throughout the district and weren't familiar with one another's way of playing. This didn't keep them from playing their hearts out and giving great effort most of the time.

"I think coach did her job but I think that I would have worked on the fundamentals a little more because not everyone knew the basics of basketball," said freshman center **Whitney Jenkins**.

Every team has that one player who motivates the team to never give up and is so dedicated to what they want accomplished in their game. That same player is usually the one that the others look up to. There is also the one that the team votes on for the Most Valuable Player (MVP).

"I would have to give the MVP to Ashli Taylor because of her aggressive, positive attitude," said Noble.

Sophomore **Kardeea Scott** agrees.

"Ashli always kept us up and she was a true team player," said Scott.

Jenkins said that she thinks the team played well even though they only won one game. She would give the MVP to freshman **Bobbi Stradley**, a star point guard for the freshman team who also played several games with the sophomores.

Every player remembers that one great moment of the season that made everyone happy and proud. Some great times, some that the team wished never had happened.

"My most memorable moment was when Mandy Ulmer tore her ACL and Micaela Mallett sprained her ankle right after that," said Noble. "I had to step up as a center starter."

Some remember a last minute shot or pass that shockingly brings the team two or three more points, and a player thinks 'man that pass sucked' or 'what was I thinking?'

"I remember at our last game at Lincoln when I made my first three-pointer. I never shoot and I just caught the ball and shot it real fast," said Scott.

...by Heather Kilby

Take It To The Basket!

The crowd stands, cheering at the top of its lungs, "Defense, Defense!" The clock ticks down to the final seconds and the Scarlets win again. Ah, it's finally basketball season!

"We have been able to win a lot of close ball games this year," said head coach **Andy Howard**. "It hasn't came easy but with the way the guys played defense, it sure made things easier."

Ever since Howard took over five years ago he has been waiting for a team like the one he had this season. He has always wanted a team that could respond and listen the way this group did.

"I had so much fun coaching these guys this year," said Howard. "They made me enjoy coaching day in and day out."

The Scarlets may not have had the best of luck with teams outside of the conference, but against teams inside of the Metro Conference they rolled. They were even in a race for the conference championship.

"Even before the season started I knew we were going to kill in our conference," said senior **Richard Lewis**. "With us being in a new conference I thought we had a chance to dominate."

This was the first year for the new conference play. East is now a part of the Metro Conference consisting of all of the city schools and Ottumwa. According to many of the players, the rap about their not being able to contend with the other conferences was not justified.

"All of the talk about us not being as good as all of the others really made me want to prove people wrong," said senior **Lance Allison**.

There were a lot of accomplishments made by the Scarlets this season — from winning against Indianola for the first time in five years, to playing for the conference championship, to getting a high district seeding.

"Third seed is the best any East team has ever placed in the seeding for districts," said Coach **Matt Carter**.

It seems that no matter what sport, each coach always tries to teach their players more than the sport itself.

"I just hope that all the guys who play for me get one thing out of it, and that is that there is always tomorrow," said Howard.

"I didn't know what to expect when I came to play for Coach Howard, but I think coming here has not just improved my game, it has improved my life greatly," said senior **Jermon Stokes**.

It was another year in the books for the Scarlet basketball team and yet it was different from any ordinary season.

"I'm going to miss this group of kids so much. I don't know when I'll have a team like this again," said Howard. "This was a season I will always remember."

...by Joe Kephart

GO TEAM GO! The Scarlets look on as their teammates go on to beat the Roughriders. East was victorious over the Riders in both of their match-ups.

NORTH
5
EAST
40

POSTIN' UP! Getting ready to score, junior Brandon Snitker gets himself ready to score on North's center. Led by Snitker, the Scarlets went on to defeat the Polar Bears by 19 points.

Photojournalist: James Avon.

Their last goodbyes...

I want everyone to know that there couldn't have been a better group of guys to play with.

Lance Allison

I want all the b-ball guys to know you'll be my homies for life.

Jared Smith

I want everyone to know playing here holds some of the best times of my life. I also hold East's career high 3-pointers at 100%. (1-1)

James Avon

I will always remember these days for the rest of my life.

Jemun Stokes

RISING ABOVE THE RIM! At left, senior *Richard Lewis* shows off his skills by soaring above the opponents. Above, the Scarlets huddle up during a time-out. East went on to claim 2nd place in the Metro.

Moments : What was your most memorable game this year?

"It was when we played Lincoln for the first time. We did really good and got 3rd in conference.
— Sophomore *Jayme Wetzel*

"When we played Lincoln at East because we played so well.
— Junior *Crystal Carr*

WAITING TO MAKE A complete pass, senior Amy Goddard (at top)waits patiently for an open teammate. At right, the team huddles together during a time out so Coach George Davis can discuss the next play they're going to try.

Photojournalist: Lindsey Carr.

ShooT
Two For The Basket

TRYING TO DRIBBLE PAST her opponent, senior *Kathleen Robinson* runs down the court to make a basket.She also broke the 3 point shooting record this season.

A good offense, a good defense, great sportsmanship, and a team that is playing to win is what varsity girls basketball was all about this year.

The team had a great season with the help of two sophomores **Stephanie Cozad** and **Jayme Wetzel**. The girls learned that teamwork is all they really needed to play well and have fun.

"The team started the season 0-10 then caught fire in January, where they won 6-8 games. They had improvement from November through February and it was a tremendous season," said Head Coach **George Davis.**

Kathleen Robinson broke the 3 point shooting record this season. Two girls made the All-Conference team.

"Kat Robinson has really stepped up the second half of the season, she averaged 20 points a game," said senior **Lindsey Hews**.

The girls consisted of 3 seniors, 7 juniors and 2 sophomores. Davis, Ken Morton, and Lowell long coached the Scarlets.

One of the major successes was the defense and the whole team improved since the beginning of the season.

"The underclassmen have stepped up. We played to win, and I think we just played good basketball," said senior **Amy Goddard**.

The girls played 9 ranked teams this season and also finished 3rd in conference against Lincoln.

"I was really thinking at the beginning of the Lincoln game we're going to get killed, then I realized we were down by 10, then 5, then 3 and then I was nervous, not really pressured. I know I shouldn't have thought that we were going to get killed and next time I won't," said Goddard.

The Lincoln game had a huge turnout and EHS gave its support to the girls, but the pressure was on throughout the entire game and the girls lost by eight.

"I felt we had a good chance of winning. It was a tough game and I was kind of nervous before, but felt we could pull it off," said junior **Melissa Horton.**

Throughout the season the girls learned that working together as a team can make a huge difference and that helped them out a lot. They learned that as long as they had good sportsmanship they could make anything happen. It showed throughout the season.

"I have been playing since preschool, and I'm really going to miss not being able to play with Kathleen and Lindsey Hews. I know next year, though, Katrina Isacc and Crystal Carr are going to have a great season," said Goddard.

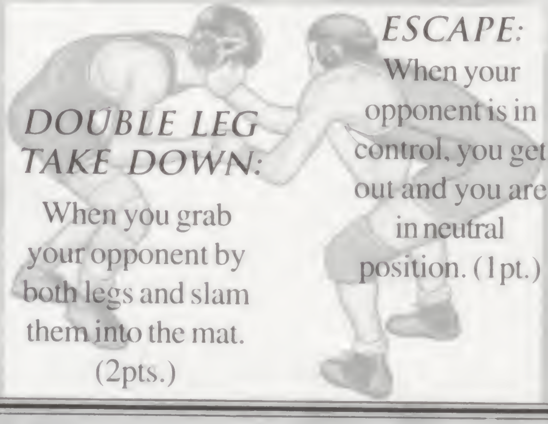
...by Michele Emery

LOOKING FOR AN open teammate, senior *Lindsey Hews* tries to keep an opponent away from the ball.Her and a two other seniors led the team this season.

AT PRACTICE, senior Andrew Graeve and sophomore Jeremiah Vincent compete in a practice match. Coach Larry Jackson (at far right) checks in singlets and bags during an afternoon practice.

W WITH A LOOK OF intense concentration, sophomore Jason Metheny gets ready to take his opponent down during a tournament. He finished with a personal record of ?.

SHOUT OUTS: Get to know what the coaches mean



REVERSAL:
When you are on the bottom and you manuever yourself to the top. (2pts.)

DOUBLE LEG TAKE DOWN:
When you grab your opponent by both legs and slam them into the mat. (2pts.)

ESCAPE:
When your opponent is in control, you get out and you are in neutral position. (1pt.)

NEAR FALL:
When you or your opponent's shoulder blade touches the mat. It is counted for 5 seconds. (2,3, or 4 pts.)

Photojournalist: Dawn Ritchie

PiN 'Em To The Mat

How many high school students will come in each morning at 6:30 and stay until 6 p.m. just to make weight?

This fall the wrestlers adopted that regimen and began to shape up for the season. Sixty wrestlers began the year and soon that number dropped to about 30 dedicated ones.

"The year went pretty well despite all the first-year varsity in the line up," said Coach **Larry Jackson.**

Their peers may have snickered about them wrestling but, working out in ninety-degree heat wasn't easy. They started out running and stretching to get their blood going and by the end of practice their shirts were drenched in sweat, spit and sometimes blood.

"You just have to have enough discipline to do it," said sophomore **Jeremiah Vincent**. "You have to go to every practice and stay at your weight."

The wrestlers go through a lot, from exercise to keep them strong, to the weight-loss to help stay at competitive weight by weigh-ins. They do things like run laps around the bleachers, spit constantly, go to the bathroom and sit in the sauna with sweatpants and a sweatshirt.

Senior **Tony Leo** said, "Once you get into it, it's part of you."

Almost all the wrestlers look forward to districts. At districts first and second place winners go on to state. From the first day of practice, the wrestlers count down the days until districts.

"The best part of the season is going to the conference and district tournaments," said wrestler **Nick Piper.** "There we find out who goes to state and who is the best in the conference."

After pushing all four years to make it to state, senior **Dustin Byers** made it for the scond year by pinning his way through the district tournament. Then he went on to post 2-2 record at state.

The person who runs all this mayhem has coached here for the last 6 years. Jackson is 38 years old, and still going strong. He works out with the wrestlers daily and is stronger than most of them.

Jackson also makes a bet at the beginning of every season that if one of the wrestlers can take him down, he will give them $20. So far none of them have been able to do it, but all have tried.

"This year went great despite all the first year varsity in the line up," said Jackson.

Next year Jackson plans to improve the team by sending wrestlers to camps and having a strong off-season.

...by Valerie Blackford

PUSHING AN OPPONENT'S shoulders to the mat, senior Dustin Byers pins his man. At far left, freshman Matt Bowden takes down sophomore Jack Hunsley during an intense practice.

Making

A Splash

Swimming has more to it than just getting to the other side of the pool. It takes a lot of leadership, strength and dedication. It's alson not just a team, but an individual sport that consists of going hand in hand with other teammates. This years team practiced from 3:15 until 5:45 Monday thru Friday and finished off the season with a total of 29 girls.

"We practiced on each girl's swimming technique, and had weightlifting at least once a week. there were also drills we had and many strokes we worked on," said coach **Stan Thompson**.

Thompson is going into his thirtieth year of coaching and has two assistant coaches, Eric Galvin and Erin Brown.

During the end of last year, the girls held a fundraiser called Splash For Cash. Each member on the team swam 100 laps, and for every lap, pledges were made by parents, teachers and students to help raise money. The money raised went towards a new 6-lane scorboard that cost $10,000.

"We have been raising money for a scoreboard ever since I was a freshman and I was glad I got to be a part of it when it went up," said senior **Shannon Griffiths**. "This was our only goal to raise money for, so we had a break and didn't have to fundraise at all this year."

Each girl on the team also has a sevret swimmer. At the beginning of the season they drew a name and brought them a small gift to each meet that they thought would help motivate them.

"Getting gifts helped improve our attitudes and know that the rest of the team is behind you, cheering you on the whole time," said senior **Mary Froehle**.

"Most all the girls on the team were friends, so we all got along really well. I think this helped improve our swimming," said junior **Valerie Boland**.

There was also a change in the way captains were picked for the team. Instead of each girl voting, they had to be a member of the East Des Moi8nes swim team, which eliminated all but 3 girls, who were all given the position.

“"To be a captain you have to work in the off season, and be a leader," said Froehle.

...by Kelli Welker

A FEW OF THE swimmers take a rest and wave to the camera. During practice the water always seemed so cold. This year's captains were seniors *Mary Froehle*, *Cristin Cady*, and *Katie Murphy*.

Photojournalist: Katie Hulk.

TAKING A MOMENT out, at bottom, seniors *Shannon Griffiths* and *Angele Verze* psyche up for a meet. The two have been on the team for 4 years. Below, a few of the girls show some team spirit after a long night of practice.

TO THE LEFT, THE TEAM awaits for the next race category to be announced so they can warm-up. This year's team received a state award for having a team average GPA of 3.4, the highest it has ever been.

What was your favorite memory at districts?

"...getting our best times and getting a medal."

...Steve Strock

"...watching Evans swim because I knew that I didn't have a chance."

...Clint Nereim

"...how everybody was always helping each other out by teaching them and applauding them"

...Nick Anspach

SENIORS STAND IN line waiting to be recognized for all their hard work and dedication to the team. Some have been on the team for one year, and others all four years.

Photojournalist: Melissa Khodai

CALM WATERS before practice. At left, a swimmer prepares to begin a quick warm-up before school. Splashin' around, at far left, a swimmer races for the finish line.

Early Bird Gets The Worm

It's 5:30 a.m. on Monday morning. Sophomore **Justin Bales** is up and at 'em ready to get wet. He has swim practice before school.

At 6 a.m. he is dressed and in the pool with the rest of the team ready to practice. Each has a quick 24-lap warm up, followed by another 80 laps for a workout.

Think this all sounds pretty tough? Now add the key factor, this is all done in one hour.

"It used to be really hard, but it got easier," said Bales.

But all of this dedicated practice paid off, and the guys have new records to prove it. Senior Matt Evans added one more to his list of broken records with the 100 backstroke. A relay record was also broken by seniors **Jamie Furby** and Evans, with sophomores **Steve Strock** and **Ross Hesseltine.** This made for a very successful season.

"I worked hard all four years that I was been here," said Evans. "Now I've got something to show for it."

But what made this team so successful?

"Our success came from a strong work ethic," said Hesseltine.

On top of the morning practices every Monday, Tuesday and Wednesday, the team practiced hard after school every day of the week. The guys even took time out of their winter vacation to practice diligently.

But with all of their success the swimmers still feel that they deserve "more school support" according to Strock. The crowds were a bit larger than previous years, but not so much from the student body.

"We need cheerleaders," said Hesseltine.

With all the great things that happened for these bubbling boys there were a few minor setbacks. But even a couple of hurt shoulders and a chance at state missed by a mere second didn't stop the swimming Scarlets.

"I think these guys have set a good example," said junior **Luke Billings**. "By never giving up they showed a great sense of pride for their school."

Next year the team hopes for an even better season, and a few more fans. The boys were very dedicated and hard-working and deserve recognition for their outstanding perseverance.

"And always remember that real men wear Speedos," said Bales.

...by Tiffani Byrd

RuN

Scarlets, Run

Although cross-country is not as popular a sport as football, basketball or baseball, team members still practice just as hard.

"Everybody thinks that cross-country practices aren't as hard as football or other sports, but I think it is just as difficult," said sophomore **Scott Flaherty**. "I play basketball and soccer and I get the same workout at each practice."

The team usually ran to the fairgrounds, which is approximately 3.1 miles. On Fridays and the week of districts they ran six mile workouts.

"Fridays were the hardest for me because of the extra miles added to the original three," said junior **A.J. Anderson**. "I didn't quit and it helped me improve for next year."

All the members have at least one varsity letter. Team captains **A.J. Shipman** and **Justin Rankin** have lettered every year that they have participated. Anderson hopes he is able to run next year and possibly letter again.

"I enjoy running and I want to keep doing it so that I will become a better runner," said Anderson. "I hope I letter and make it to districts next season."

This season East finished fifth in the CIML. Most of the time they weren't trying to beat the other schools, they just wanted to see personal improvements.

"Most of the time I ran to beat my old times and sometimes I succeeded," said Flaherty. "I'm always trying to improve and when I succeed I get a great feeling."

...by Daniel Williams

SENIOR A.J. SHIPMAN runs the best he can at a meet. Dedication and high hopes kept the runners going.

Memories:

"My best memories of the season were never giving up at meets.

—Junior A.J. Anderson

Photojournalist: Sarah Evans.

SOPHOMORE JEREMIAH Vincent, junior Justin Rankin and sophomore Nathan Nissen prepare for a long race. The races were usually six miles and lasted for at least 30 minutes.

JUNIOR JUSTIN RANKIN gets ready to warm up for a big race. Proper warm-up was stretching and jogging for a few minutes.

What was your best memory of the season?

"My best memory of the season was when I was picked to be an alternate for districts.
—*Sophomore Scott Flaherty*

District Qualifiers & Team Captains

—*Junior Justin Rankin*

—*Senior A.J. Shipman*

Moments: What were the funniest things that happened during the season?

"When Angie Davies tried to do the limbo under a road block and it fell on her, Jenny Golden tried to pick it up again and no one could because everyone was laughing so hard.
—Junior Courtney Schieffer

"I ran into a pole at practice one day, and everyone laughed at me.
—Senior Angela Davies

More Than X-Country

The girls on the cross-country team grew closer this year. The season was more than just running to them; it meant friendship and memories that will be kept forever.

"We're like a big family, that's what makes it fun," said junior **Courtney Schieffer**.

The girls became better friends, while learning and having fun. Some preferred the practices, while others preferred the meets.

"Practices were more fun because they were more relaxed and there wasn't any competition," said senior **Jenny Golden**.

"I liked the meets better because I enjoyed cheering on my teammates and the road trips were the best," said junior **Katie Freel**. "We would take vans to places like Newton and Ames. We went crazy."

Practices were after school Monday through Friday from 3:10 until 4:30. They usually ran one and a half to two miles around the neighborhood.

"Practices were always a lot of fun because we got to goof around a lot," said sophomore **Risa Caves**.

Aside from road trips, practices and having fun, the entire team seemed to be in agreement that cross-country is well worth the effort and hard work that is put into it.

"I think that anyone who wants to try it out should because it's a great way to get involved in the things going on at East and to show your school spirit," said Golden. "You also meet tons of new people and create a lot of great memories."

...by Debbie Montis

Photojournalist: Stuart Dalrymple.

SENIOR *JENNY GLOLDEN* finishes a race with glasses on and breathing hard. She improved her times in practice and at meets. Below, the gun goes off and the East runners concentrate hard as they begin their race.

JUNIOR *KATIE FREEL*, sophomores *Risa Caves* and *April Fisher*, and seniors *Allameshia Tiesman* and *Angie Davies*, pose after a meet (bottom photo). Although the girls weren't as successfull as they hoped, they almost always improved their times. Below, Freel, Davies and Fisher try to show off their mean running faces.

TO THE RIGHT: DURing practice, sophomore *Aaron Webb* takes a break for a phone call. Below, reaching for his golf ball is freshman *Robert Shackelford*. Grand View golf course was where practices were held.

Memories - What were some your most memorable moments?

"On the ninth hole at Grand View, I got about 10 ft. from the hole on the tee-shot.
—Junior *Michael Moran*

"How the team played well and how we all got along and we never had any problems.
—Senior *Mike DeMoss*

"Playing golf and enjoying the trips to other schools was really fun, I thought.
—Senior *Jesse Bainter*

"Just learning how to play golf and having fun with the girls on the team.
—Senior *Heather Hutchinson*

Photojournalist: Jesse Bainter.

HELPING THE PLAYERS improve is what Assisant Coach *Deb Waltz* is all about. She waits for freshman *Trevor Bird* to take his ball out of the hole to start over again.

AiM High!

What is it about golf that makes it different from other sports? The answer is, it's a lifelong sport and you don't need to be experienced with it, according to Head Coach **Sy Forrester** who now has coached for two years at East.

While other sports require skill and some experience, with golf all that's needed is a golf club and some golf balls. It's an individual sport.

"Golf is the only sport that I know which doesn't really need an opponent," said junior **Brandon Snitker**, who has been playing since he was twelve. "That's why I like it, it's just you against the course."

Some people may say golf is a sport only for boys, but senior **Heather Hutchinson** has proved many wrong. She is a member of the Scarlet team, which is made up of four girls. The boys team consisted of 30.

"Even though our team is small, girls do play golf," said Hutchinson.

There are advantages and disadvantages that go along with a small team and a big team.

"The good thing about having a small team is that we all recieved varsity letters," said senior **Shannon Griffiths**. "It's also really fun because we all know each other."

In contrast the boys deal with larger members.

"At meets only the top six from varsity and junior varsity get to play," said Snitker. "Also, our team is getting bigger every year."

The girls team is working on recruiting players for next year's team, according to Assisant Coach **Deb Waltz.**

"I am trying to recruit freshmen and sophomore girls who might be interested," she said. "Then by the time they are juniors and seniors, they'll be excellent golfers."

The boys team practices daily after school until 5:30 p.m., divided into groups of three or four. The first practice started on August 15 and lasted for eight weeks. The girls season began on March 15 and they practiced every day after school until 4:30 p.m.

"We learn fundamental stuff for golf and the rules of the game which makes up golf etiquette," said senior **Jesse Bainter**.

During practice the teams work on putting, chipping and driving. The girls also work on targeting.

"The goal of the season is to improve," said Waltz. "Our team is working on getting better and improving because most of the girls on the team weren't too familiar with the sport."

The practices are held at Grandview golf course or Toad Valley. Home meets were held at Grand View, according to Snitker.

Even though golf is an individual contest there are techniques that can help someone win against others.

"The winner is determined by who shot the least strokes in the least amount of time," said Forrester. "This is every player's goal."

Along with trying to improve, the teams also try to have fun.

"I'm still learning," said senior **Chris Olsen**. "At the same time, the team tries to make it fun for everyone."

...by Pon Thipyothin

Gym Socks & Jock Straps

SPORTS STATISTICS

Varsity Girls Basketball

East		Opponent
34	Ankeny	56
42	Ames	68
46	Mason City	54
37	Dowling	67
36	Ft. Dodge	52
33	Johnston	56
49	Valley	59
51	Newton	67
50	SE Polk	68
56	Hoover	39
58	Roosevelt	45
41	Ottumwa	64
48	North	39
47	Marshalltown	40
33	Lincoln	40
67	Roosevelt	49
41	Hoover	43
47	Ottumwa	56
42	North	24
50	Indianola	53
42	Lincoln	55
50	Urbandale	34

Overall 3-0-13

9 Girls Basketball

East		Opponent
37	Ankeny	64
10	Ames	57
38	Mason City	49
19	Dowling	58
17	Johnston	57
29	Indianola	46
30	Newton	55
31	SE Polk	40
35	Hoover	37
35	Roosevelt	43
41	North	18
39	Marshalltown	67
27	Lincoln	52
23	Roosevelt	45
44	Ottumwa	52
49	North	42

Overall 2-0-14

10 Girls Basketball

East		Opponent
28	Ankeny	64
38	Ames	30
42	Mason City	52
26	Dowling	64
31	Ft. Dodge	59
24	Johnston	43
36	Valley	54
25	Newton	48
33	SEPolk	71
33	Hoover	44
29	Roosevelt	24
33	Ottumwa	47
45	North	32
30	Marshalltown	38
21	Lincoln	31
28	Roosevelt	44
31	Hoover	46
31	Ottumwa	47
34	North	22

Overall 7-0-9

Design by: Heidi Bailey.

9 Boys Basketball

East	Opponent	
53	Dowling	100
24	Johnston	65
36	Indianola	46
37	Newton	61
44	Hoover	70
37	Roosevelt	67
68	North	35
36	Marshalltown	38
49	Lincoln	62
53	Ottumwa	49
58	North	36
57	Roosevelt	75
62	Lincoln	66
42	Ames	66
34	Ankeny	57
50	SE Polk	66

Overall 3-0-13

Varsity Boys Basketball

East	Opponent	
68	Dowling	71
57	Ft. Dodge	65
52	Johnston	69
44	Valley	65
52	Newton	70
61	Hoover	57
66	Roosevelt	62
61	Ottumwa	53
61	North	43
60	Marshalltown	71
55	Lincoln	59
48	Roosevelt	43
62	Hoover	55
63	Ottumwa	58
65	North	48
65	Indianola	54
58	Lincoln	66
35	Ames	65
54	Ankeny	71
50	SE Polk	61
57	North	55
71	Johnston	73

Overall 10-0-12

Boys Swimming

East	Opponent	
35	Mason City	57
46	Ames	123
63	Lincoln	107
76	Indianola	94
63	Roosevelt	106
59	Hoover	112
48	Ottumwa	118
102	North	65
61	Grinnell	108

Conference 119
Districts 74

10 Boys Basketball

East	Opponent	
44	Dowling	57
50	Ft. Dodge	77
40	Johnston	54
36	Valley	52
55	Newton	54
38	Hoover	62
48	Roosevelt	41
55	Ottumwa	62
61	North	74
50	Marshalltown	64
57	Lincoln	45
56	Roosevelt	63
40	Hoover	48
37	Ottumwa	51
54	North	71
40	Indianola	42
38	Lincoln	40
39	Ames	71
39	Ankeny	74
60	SE Polk	50

Overall 5-0-15

Girls Swimming

East	Opponent	
39	Mason City	131
38.5	Ames	131.5
91	Perry	74
38	Indianola	132
45	Grinnell	138
38	Roosevelt	132
68	Hoover	102
52	Ottumwa	116
121	North	48
55.5	Lincoln	126.5

Conference 5th
Districts 9th
Ram Invit. 4th

CIML Standing 1-4

Softball

East	Opponent	
1	Dowling	3
1	Dowling	9
5	Roosevelt	3
11	Roosevelt	2
5	Hoover	0
3	Lincoln	4
7	Lincoln	6
5	SE Polk	4
6	SE Polk	6
6	North	5
10	North	4
5	Valley	8
1	Valley	7
1	Indianola	5
6	Indianola	6
3	Dowling	4
0	Dowling	11
1	Ankeny	2
5	Roosevelt	2
2	Roosevelt	1
9	Lincoln	4
9	Lincoln	7
1	SE Polk	0
4	SE Polk	5
11	North	1
10	North	0
5	Indianola	0
3	Indianola	2
5	Roosevelt	3
1	Lincoln	3

Overall 17-2-11

Junior Varsity Softball

East	Opponent	
10	Pella Christian	0
5	Dowling	1
4	Roosevelt	2
1	Valley	0
8	Hoover	3
0	Ankeny	6
1	Hoover	1
1	Lincoln	4
7	SE Polk	6
3	North	5
8	Indianola	5
3	Dowling	10
3	Ankeny	7
3	Roosevelt	2
9	Hoover	2
0	Lincoln	1
3	SE Polk	6
7	North	1
5	Ottumwa	4
2	Urbandale	11
10	Oskaloosa	6
7	Knoxville	3
3	Indianola	1
4	Ottumwa	3

Overall 15-1-8

Varsity Softball

East	Opponent	
10	Pella Christian	0
2	Valley	1
4	Kennedy CR	3
3	S.C. North	0
5	Hampton	2
5	Roosevelt	1
1	Hoover	0
2	Lincoln	0
9	SE Polk	6
0	Waukee	1
2	Pella	1
14	Solon	0
10	North	0
1	Clear Creek	0
8	Osceola	0
7	PCM	1
7	Dav. Assump.	2
3	Linnman	1
1	Indianola	0
1	Dowling	0
1	Ankeny	0
1	Grinnell	0
11	Roosevelt	2
4	Shenandoah	1
7	Lewis Central	0
7	Hoover	6
1	Lincoln	0
2	SE Polk	0
4	Dav. North	0
11	Muscatine	0
2	IA City West	0
1	IA City High	2
2	North	1
2	Ottumwa	0
10	D.M. Christian	0
1	Urbandale	0
4	Adel	3
1	Dav. North	0
5	Indianola	2
7	Ottumwa	0
0	Dowling	1
1	Ames	2

Overall 38-0-4

Design by: Heidi Bailey.

Baseball

East	Opponent	
5	Dowling	8
7	Dowling	3
9	Roosevelt	8
2	Hoover	9
3	Hoover	1
5	Lincoln	1
11	Lincoln	9
11	Indianola	5
3	Indianola	6
3	SE Polk	4
10	SE Polk	12
4	Ottumwa	3
1	Indianola	6
1	Indianola	8
11	Dowling	1
7	Dowling	6
13	IA Christian Acad.	6
19	IA Christian Acad.	3
12	Roosevelt	3
13	Roosevelt	3
9	Hoover	1
13	Hoover	10
2	Lincoln	5
9	Lincoln	6
4	SE Polk	3
12	SE Polk	5
9	Ottumwa	8
4	Ottumwa	15

Lincoln conference semi-finals	5th
Indianola conference finals	5th

Overall 20-0-10

Junior Varsity Baseball

East	Opponent	
7	Indianola	6
6	Indianola	13
2	Dowling	9
12	Roosevelt	7
3	Hoover	2
7	Lincoln	3
11	Lincoln	3
15	SE Polk	5
6	North	9
6	North	4
15	Ottumwa	3
4	Ottumwa	7
18	Davenport	6
3	Ankeny	6
3	Indianola	8
8	Dowling	7
9	Dowling	13
5	Roosevelt	9
10	Hoover	0
9	Hoover	2
5	Lincoln	4
7	SE Polk	0
10	SE Polk	7
14	North	5

Overall 16-0-8

Varsity Baseball

East	Opponent	
2	Urbandale	3
6	Indianola	7
1	Indianola	9
4	Dowling	1
10	Roosevelt	3
6	Roosevelt	4
1st	Woodward-Granger Tourn.	
1	Hoover	6
7	Lincoln	6
3	Lincoln	2
9	SE Polk	8
1st	CB Tourn.	
11	North	1
14	North	4
1st	CR Tourn.	
9	Indianola	7
0	Dowling	12
8	Dowling	7
4	Roosevelt	7
3	Hoover	6
8	Lincoln	9
0	SE Polk	4
11	SE Polk	4
3rd	Saydel Tourn.	
10	Ottumwa	9
3	Ottumwa	13
6	Hoover	1
8	Ottumwa	4
7	Ottumwa	5
3	North	0
0	Urbandale	7

Overall 16-0-11

Girls Varsity Soccer

East	Opponent	
0	North	0
0	ADM	8
0	Ames	14
0	SE Polk	10
0	North	5
0	Roosevelt	10
0	Lincoln	3
0	Dowling	19
0	Carlisle	2
0	Norwalk	10
0	Glennwood	3
1	North	4
0	Indianola	6
0	Ankeny	14
0	Hoover	15

Overall 0-1-14

Girls Junior Varsity Soccer

East	Opponent	
1	Adel	4
0	Ames	10
0	SE Polk	4
0	Roosevelt	4
0	Dowling	10
0	North	2
1	Indianola	3
0	Ankeny	4
0	Newton	8

Overall 0-0-9

Wrestling

Wt.	Record	
103	Tony Leo	19-15
119	Jack Housley	7-13
125	Andrew Graeve	16-9
130	Brandon Higgins	14-15
135	Jeremy Vincent	1-9
140	Dustin Buyers	20-14
145	Marque Glenn	4-8
152	Heston Clark	8-16
160	Ross Loving	3-6
171	Danny Lint	2-11
189	Jason Metheny	1-21
215	Oliver Powell	1-7
275	Ryan Bernhardt	3-15

State Competition:
Dustin Buyers 2-2

Boys Varsity Soccer

East	Opponent	
1	Winterset	2
0	SE Polk	5
2	Lincoln	3
0	Ames	13
0	ADM	10
0	Roosevelt	6
0	Hoover	4
1	Dowling	4
0	Ankeny	13
4	North	0
2	Indianola	3
2	Gilbert	3
8	Nadaway Valley	0
0	Newton	2
0	Roosevelt	8

Overall 2-0-13

Boys Junior Varsity Soccer

East	Opponent	
1	Winterset	2
0	SE Polk	4
2	Lincoln	0
0	Ames	13
3	ADM	2
0	Roosevelt	8
0	Hoover	8
3	Dowling	2
0	Ankeny	8
2	North	2
2	Indianola	2
0	Newton	4

Overall 3-2-7

Design by: Heidi Bailey.

Girls Track

Meet	Place
Ram Invitational	3rd
Urbandale Invitational	3rd
Roosevelt Invitational	3rd
North Invitational (varsity only)	2nd
City Series Meet	2nd
Dowling Relays	2nd
Hawkette Invitational	4th
Lee Town Relays	3rd
District Meet	7th
Conference Meet	4th

Boys Track

Meet	Place
Don Graves Spring Classic	No Score
Hicovey Relays	7th
Roosevelt Invitational	4th
Guide One Track	11th
North Invitational	2nd
Drake Relays	No Score
City Series	4th
Johnston Invitational	4th
Indianola Invitational	No Score
Conference Meet	7th

Final Standing 7th

Boys Cross Country

SE Polk Invit.	7th
Urbandale Classic	No Score
Hoover Invit.	8th
Valley Invit.	9th
Newton Invit.	13th
City Series	4th
Ankeny Invit.	9th
Augustine Invit.	6th
CIML Conf.	5th
District	10th

Final Standing 5th

Boys Tennis

East	Opponent	
6	South Tama	5
2	SE Polk	9
1	Lincoln	10
1	Roosevelt	9
2	Hoover	9
0	Dowling	11
2	North	9
0	Indianola	11
0	Ottumwa	11

Overall 1-8 (duals)

Girls Tennis

East	Opponent	
1	SE Polk	10
4th	North Polk Tourn.	
0	Ankeny	11
1	Roosevelt	10
0	Dowling	11
6	Hoover	5
1	North	10
3	Saydel	8
0	Indianola	11
0	Ottumwa	11
0	Lincoln	11
0	Team Tennis	9

9 Football

East	Opponent	
8	Indianola	32
0	Newton	26
8	Marshalltown	21
26	Hoover	34
42	North	0
28	Lincoln	13
28	Roosevelt	22

Overall 3-0-4

Boys Golf

East	Opponent	
356	Mason City	315
190	Indianola	152
196	Ames	152
178	Roosevelt	147
180	Hoover	148
176	Ottumwa	156

Marshalltown Catbird Inv. 12th

Varsity Football

East	Opponent	
6	Indianola	48
16	Newton	48
21	Marshalltown	35
7	SC East	41
26	Hoover	31
7	Ottumwa	55
14	North	27
16	Lincoln	12
24	Roosevelt	27

Overall 1-0-8

Girls Golf

East	Opponent	
281	North	282
310	Indianola	221
316	SE Polk	222
290	Lincoln	226
295	Ames	181
294	Ft. Dodge	219
290	Urbandale	210
287	Ottumwa	220

Drake Relays 5th
District 7th

Final Standing 1-0-10

10 Football

East	Opponent	
6	Newton	56
7	Marshalltown	48
14	Ames	48
21	Ottumwa	44
39	Hoover	27
28	North	0
16	Lincoln	38
12	Roosevelt	38

Overall 2-0-6

Design by: Heidi Bailey.

Volleyball

East	Opponent	
2	Mason City	0
1	Ames	2
1	Lincoln	1
0	Indianola	2
0	Winterset	2
2	Roosevelt	0
0	Ankeny	2
1	Ottumwa	1
1	Newton	1
2	Indianola	1
2	Roosevelt	0
2	Grandview Park	0
2	Boone	0
2	Norwalk	0
2	Perry	0
2	Ottumwa	0
2	North	0
1	Newton	1
2	North	0
1	Lincoln	1
0	Ankeny	2
0	Lincoln	2

Overall 11-4-5

Varsity Volleyball

East	Opponent	
5-10-10	Mason City	15-15-15
7-0-0	Ames	15-15-15
7-3-4	Indianola	15-15-15
9-15-15-15	Roosevelt	15-11-9-12
15-15-15	Hoover	5-2-5
13-11-11	Ottumwa	15-15-15
15-13-15-12	North	17-15-11-15
0-8-1	Lincoln	15-15-15
8-4-3	SE Polk	15-15-15

Match Record	4-29-1
Game Record	12-66
Conference Record	2-3

Final Standing 3rd

Volleyball

East	Opponent	
2	Mason City	0
0	Ames	2
2	Indianola	0
2	Roosevelt	0
2	Hoover	0
2	Ottumwa	1
2	Ottumwa	0
0	Valley	2
0	Ames	2
0	Ankeny	2
1	Indianola	2
2	Roosevelt	0
2	Lincoln	1

Overall 8-0-5

NOT FEATURED:

Girls Cross Country
Bowling

BOYS VARSITY SOCCER. Front Row: T.J. Michelsen, Phouthavong Keopraseuth, Tingkham Kamvanh, Manager Anna O'Brien, Marcus Nece, Justin Anspach, Clint Nereim. Row 2: Dustin Shandri, Dan Webb, Joe DeVore, Jamie Furby, Jack Thongsoum, Jack Weber, Al Anderson, Nathan Nissen. Back Row: Scott Flaherty, Matt Moeller, Coach Derek Lounsberry, Captain Cory Sonner, Assistant Coach Garry Lenhart, Matt Bird, Captain Dan Govoni. Not Pictured: T.J. Mason.

BOYS JV SOCCER. Front Row: Rory Anderson, Omar Otero, Francisco Luna, Manager Anna O'Brien, Brad Shanahan, Bryan Whiting, Marcus Nece. Row 2: AJ Anderson, Travis Tollari, Jose Dominguez, Phouthavong Keopraseuth, Justin Anspach, Brandon Hansen, Chris Hickman, Peter Sahling. Back Row: Scott Flaherty, Mike Redshaw, Nathan Nissen, Coach Garry Lenhart, Jamie Furby, Alan Jones, Randy Piper Jr., Samuel Reese. Not Pictured: Lee Webber, Pat Dorian, Rene Duenas, Eric Leanos, Mi Lo, Alfredo Muniz, James Pongphimkham.

GIRLS VARSITY SOCCER. Front Row: Dianna Phomvisay, Amber Johnson, Amber Martineau, Teresa Johnson, Jonna Eastcott, Stephanie Miller, Sarah Dority, Kendra Stephen. Row 2: Nicole Wennekamp, Natalie Plummer, Noemy Carrasco, Heather Hutchinson, Heather Jones, Lacey DiMaio, Krystal Pickett, Chey McClish, Paola Luna. Back Row: Shannon Scarlet, Tiffany Holley, Ilka Schoettler, Asst. Coach Megan Staley, Coach Chaney Yeast, Asst. Coach Angel Smyth, Asst. Coach Shawna Lore, Teena Hartkopp, Amy Kelly, Katie Voll.

GIRLS JV SOCCER. Front Row: Sondra Lore, Theresa Johnson, Zaida Canas, Jade Jordan, Nicole Wennekamp, Sherly Jacob, Catherine Knight, Stephanie Miller, Ilka Schoettler. Row 2: Kendra Stephen, Kira Campos-Anderson, Christina Brooks, Amber Martineau, Amanda Palmer, April King, Veronica Ortiz. Back Row: Amy Kelly, Tiffany Holley, Crystal Cowles, Asst. Coach Megan Staley, Coach Angel Smyth, Asst. Coach Shawna Lore, Katie Voll, Paola Luna, Andrea Cook.

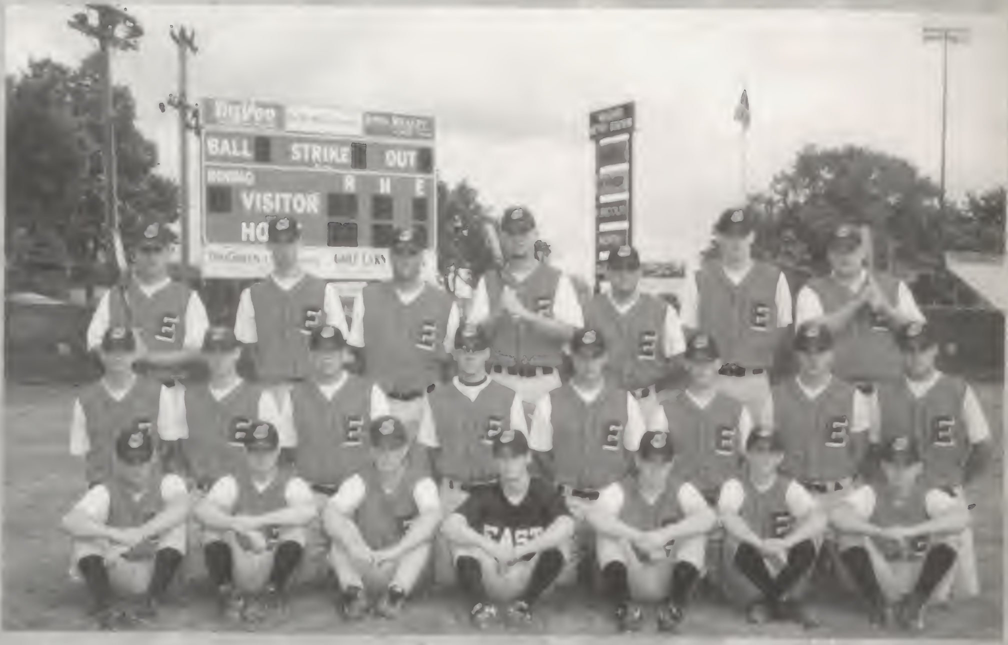
Layout: Kilgon Trout.

GIRLS TENNIS. Front Row: Jessica Richardson, Carolina Canas, Nicholle Axser, Saiphone Houangsavanh, Mone Kavan, Jenny Smith, Bridget Davis, Christina Ackelson. Row 2: Amber Soderblom, Cheri Fenton, Cindy Senephansiri, Amanda Smith, Nikki Loftus, Nicole King, Sorya Sunny. Row 3: Pon Thipvothin, Renee Owens, April LeClere, Coach Ken Morton, Coach Joyce Smith, Michele Warnock, Amy Giddings, Nina Moore. Back Row: Melissa Papiani, Christina Warner, Jessica Barker, Ginger Stevens, Meghan Templeton, Rhi Nagy.

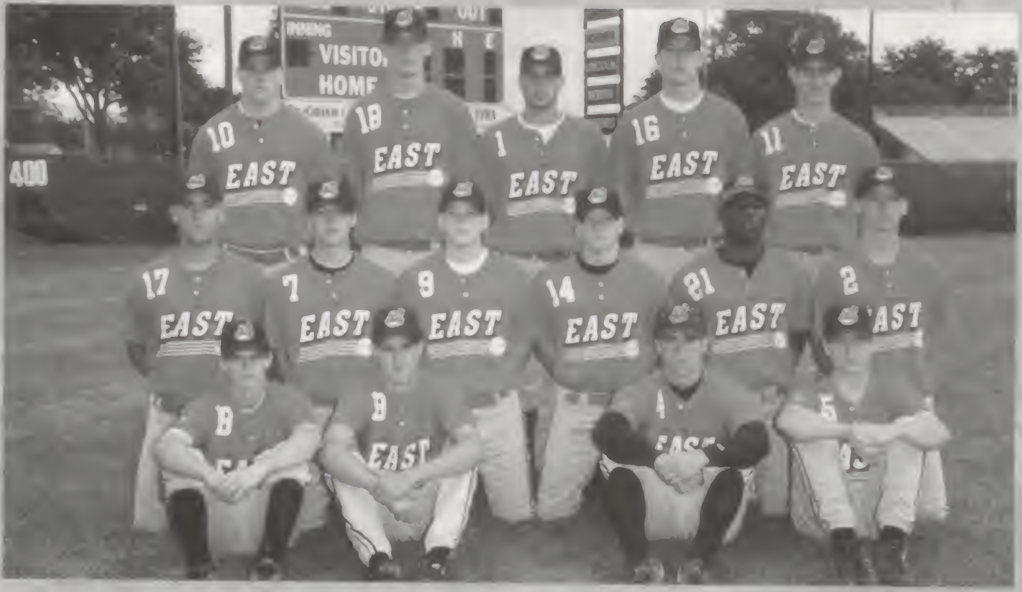
BOYS TENNIS. Front Row: Charles Lozano, Michael Weeks, Ryan Nemmers, Nick Kraska, Jose Flores. Back Row: Coach Rob Gloe, Michael Fuller, Clyde Copelan, David Kouang, David Frost.

GIRLS TRACK. Front Row: Tigre Williamson, Tiffany Good, Stacee Carlos, Emily Vuth, Jeni Grochala, Kati Bainter, Allameshia Tiesman, Tracy Lopez, Stephanie Cozad, Brandy Budd, Courtney Page. Row 2: Risa Cave, Amanda Ulmer, Amanda Newcomb, Michelle Denning, Ashley Harding, Jenny Golden, Sarah Martineau, Mary Froehle, Tiffany Boggs, Jamie Wetzel. Row 3: Deanna Miller, Lindsay Steele, Amy Hornocker, Coach Scott Ryan, Coach Lowell Long, Coach George Davis, Coach Deborah VanVelzen, Coach Greg Morse, Stacey Knight, Jackie Beener, Shannon Noble. Back Row: Tiffany Oliver, Christine Miller, Micaela Mallett, Ashley Jordan, Jessica Jordan, Alyssa Wilson, Marquita Jenkins, Chelsea Pickett, Moni Miller. Not Pictured: Angela Davies, Cassie Peterson, Jessica Payne, Andrea Cook.

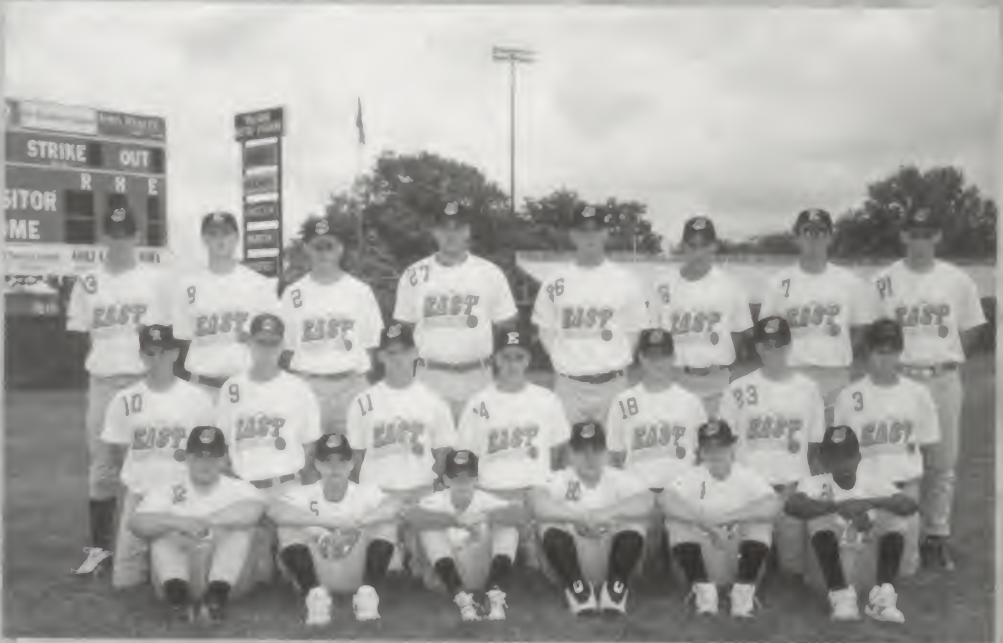
BOYS TRACK. Front Row: Jacob Walker, Jeremiah Vincent, Scott Phaydavong, Adriel Ward, Terry Rice, Justin Rankin, A.J. Shipman. Row 2: Jacob Blanker, Gabe Hibben, Nathan Gary, Alan Pierce, Ryan Bernhardt, Kyle Morgan, Jason Williams, Darren Cruchelow. Row 3: Maurice White, Donald Holtry, Coach Mark Hurley (hurdles), Coach Don Graves, Coach Ned Rasmussen (field events), Andre Lottie, Carl Shelton. Back Row: Jordan Turner, Mike Wyant, Nick Frye, Mark Potter, Nate Hibben.



VARSITY BASEBALL. Front Row: Clint Nereim, Joe Kephart, Mike DeMoss, Andrew Graeve, Ryan Schuler, B.J. VanVleet, Nate Tounsley. Row 2: Matt Constable, Luke Krpan, Adam Wilson, T.J. Michelsen, Jon Fick, Joe Housley, Matt Evans, Kevin Lundberg. Back Row: Mike Cook, David Freerksen, Coach Brian Luft, Josh Stapes, Coach Cory Shupe, James Randolph, Jamie McDaniel. Not Pictured: Kenny Paulding, Coach Brian Hoff.



SOPHOMORE BASEBALL. Front Row: Kurt Sloan, Tyler Williamson, J.D. Smith, Jared Mendenhall. Row 2: Jason Thompson, Jason Fitzgerald, Nick McNeley, Troy Parsons, Julius Johnson, Rick Weigel. Back Row: Aaron Hook, Brandon Snitker, Coach Marty Luft, Joe Merryfield, Tyler Dearth.



FRESHMAN BASEBALL. Front Row: Jared Graeve, Kyle Audlehelm, Justin Constable, John Piper, Robert Bourdon, Montez Rankins. Row 2: Mike Doornenbal, John Conn, Garret Hagins, Adam Bolander, Jack Hously, Buddy Burgett, Josh Ray. Back Row: Danny Lint, Gabe Hibbens, Mike Chumbley, Coach Brad Zelenovich, Coach Scott Rourke, Jeff Zelenovich, Bo Harvey, Matt Freerksen. Not Pictured: Dustin Fisher.

Layout: Kilgore Trout.

VARSITY SOFTBALL. Front Row: Angela Bacon, Kjersten Harvey, Stacee Carlos, Stephanie Cozad, Nicole Cockerham, Kelly McFadden. Row 2: Lindsay Steele, Kathleen Robinson, Michelle Denning, Jeni Grochala, Brandy Budd, Shannon Noble, Jackie Beener, Danielle Zenor. Back Row: Tiffany Oliver, Trisha Yencer, Assistant Coach Lizz Baethke, Coach Bob Savage, Assistant Coach Mark Baethke, Jenny Young, Mandy Reidburn.

JV SOFTBALL. Front Row: Kellie McFadden, Nicki Cockerham, Kjersten Harvey, Jessica Ford, Sarah Evans, Angela Bacon. Row 2: Ginger Stevens, Michelle Olson, Kristen Robinson, Michelle Denning, Kristin West. Back Row: Shannon Noble, Heather Carlson, Coach Liz Baethke, Coach Mark Baethke, Amy Goddard, Mandy Ulmer. Not Pictured: Moni Miller, Crystal Carr, Jenny Carr.

FRESHMAN SOFTBALL. Front Row: Nicki Cockerham, Stacey Madison, Brooke Budd, Catherine Swoboda, Beth Widlund. Row 2: Tiffany Dalrymple, Jessica Christie, Megan Logan, Kristen Robinson, Kardeea Scott, Jamie Nixon. Back Row: Jayme Wetzel, Alia Winterbottom, Coach Tricia Yencer, Bobbie Stradley, Coach Jenny Young, Ashley Letze, Jeanna Frost. Not Pictured: Kellie McFadden, Jenny Carr.

VARSITY FOOTBALL. Front Row: Troy Wacht, Mike Sharon, (dropped), Markey Glenn, Nick Piper, Adriel Ward, James Scott, Matt Lange, Ryan Bernhardt, Jason Rice. Row 2: Mgr. Jennifer Palmer, Clint Nerelm, Ryan Schuler, Gary Lee, Shane Clements, Alan Pierce, Chris Norwood, Gene Jewett, Larry Holloway, Julius Johnson, Mgr. Alicia Shepherd. Row 3: Trainer Shari Shaffer, Coach Matt Carter, Coach Byron Williams, Coach Ken Burgess, Coach John Walling, Coach Darrin Fisher, Coach Jason Soliday, Coach John Ivanovich, Coach Tron England, Coach Tom Sanders, Coach Rick Rawlings. Row 4: Mike Reese, Todd Wacht, Don Holtry, (dropped), Scott Burk, Chengnu Lee, Tyler Card, Kenny Paulding, Randy Blackford. Row 5: Alan Jones, Matt Evans, Jason Brooks, Oliver Powell, Dan Webb, Tony Antelman, Josh Markle, (dropped). Back Row: Aaron Hook, Mike Redshaw, DeMarco Darrah, Rod Stockbauer, Nick Frye, David Marlenee, Vince Gregory, Matt Breton, Joe Pett.

SOPHOMORE FOOTBALL. Front Row: Adam Belander, Kory Anderson, Dustin Fargo, Montez Rankins, Anthony Renfro, Junior Ochoa, Jon Piper, Scott Phaydavong, Jack Housley. Row 2: Matt Preston, Matt Mitchell, Marcus Nece, Mark Foster, Raymond Fudge, Bryan Whiting, Ryan Markle, Jacob Blanker. Row 3: Matt Ballard, Kory Avery, Coach Ken Burgess, Coach Tron England, Coach Jon Ivanovich, Orlando Rushing, Chandy Souvatrat, Neil Hall. Row 4: Damien Minter, Julian Brown, Austin Peterson, Ross Loving, Gabe Hibben, Bo Harvey, Mike Chumbley, Jeff Zelenovich. Back Row: Jason Williams, Matt Griffith, Danny Lint, Rick Greenly, Jordan Turner, Chris Munez, Eric Radley, Matt Daugharthy, Loren Harrelson.

FRESHMAN FOOTBALL. Front Row: Mike Stockbauer, Jason Ball, Nate Roth, (dropped), Robert Songkham, Ben Van Syock, Kyle King. Row 2: Carlos Patino, Brad Johnson, (dropped), Matt Sowden, Kenny Phaydavong, Darren Williams, (dropped), (dropped). Row 3: Rex Staley, Jeremy Cook, Jesse Antelman, Coach Byron Williams, Coach Matt Carter, Coach Tom Sanders, (dropped), (dropped), Cory Martin. Row 4: Jason Brownell, Brett Adams, Michael Deerr, (dropped), Tony Miller, David Bryant, Troy Deaton, Stephen Williams. Row 5: London Hayes, Jack Richards, Ryan Neff, Robert Ousley, Chris Carrick, Chase Shiefler, Tye Beck. Back Row: John Stapes, Adam Scarlett, James Rendall, Sean Henry, Stephen Waltz, Eric Roberts, Michael Deal.

Layout: Kilgore Trout

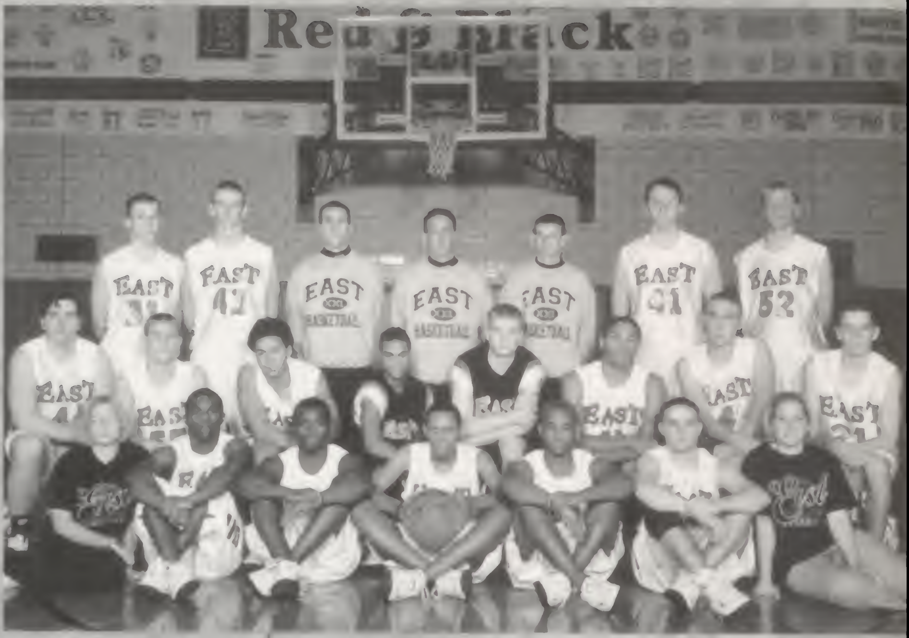
VARSITY VOLLEYBALL. Front Row: Brandy Budd, Courtney Page, Misty Stanton, Jenny Mason. Row 2: Tracie Althaus, Kathleen Robinson, Jayme Wetzel, Krystal Pickett, Kati Bainter. Row 3: Chelsea Pickett, Amy Goddard, Coach Jeanae Koch, Lindsay Steele, Coach Terrie Fenstermann, Lindsey Carr,Melissa Horton. Not pictured: Ashley Letze, Aimee Munoz.

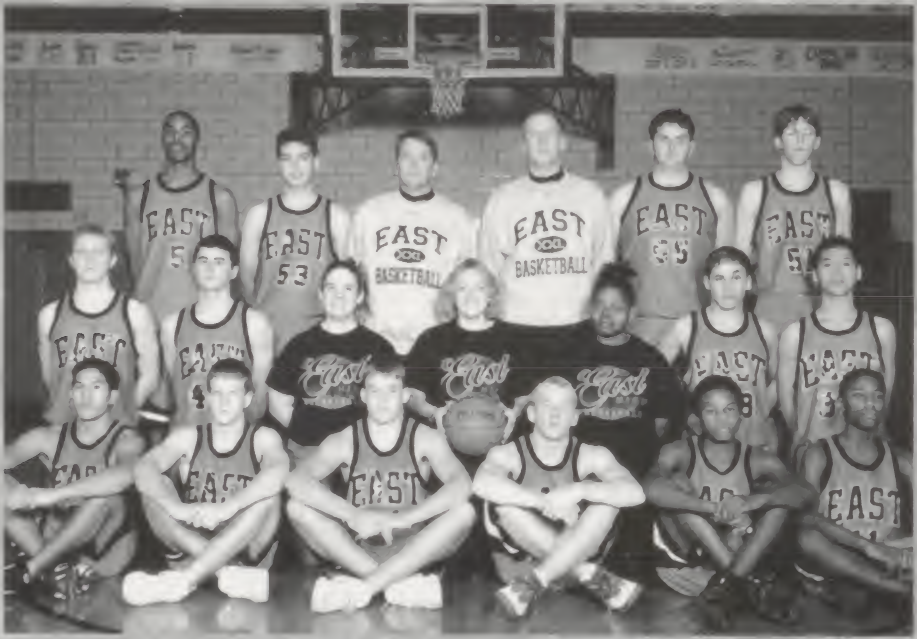
JV VOLLEYBALL. Front Row: Cheri Fenton, Amanda Grossman, Kati Bainter, Jaime Rousseau. Row 2: Jessica Richardson, Stephanie Rover, Coach Jeanae Koch, Patsy Fredregill, Kacie Westlake.

SOPHOMORE VOLLEYBALL. Front Row: Beth Widlund, Jade Jordan, Danielle Campos-Anderson. Row 2: Ashley Munoz, Brandy Budd, Stephanie Cozad, Heather Kilby. Back Row: Payton Petrie, Jayme Wetzel, Coach Jenny Young, Aimee Munoz, Chelsea Pickett.

FRESHMAN VOLLEYBALL. Front Row: Andrea Grossman, Kari Mikesell, Catherine Swoboda, Nicole Cockerham. Row 2: Bobbie Stradley, Jenny Carr, Jamie Nixon, Kristen Robinson. Back Row: Jeanna Frost, Amber Marlenee, Coach Mary Decker, Rochelle Remus, Ashley Letze. Not Pictured: Amber Bosley.

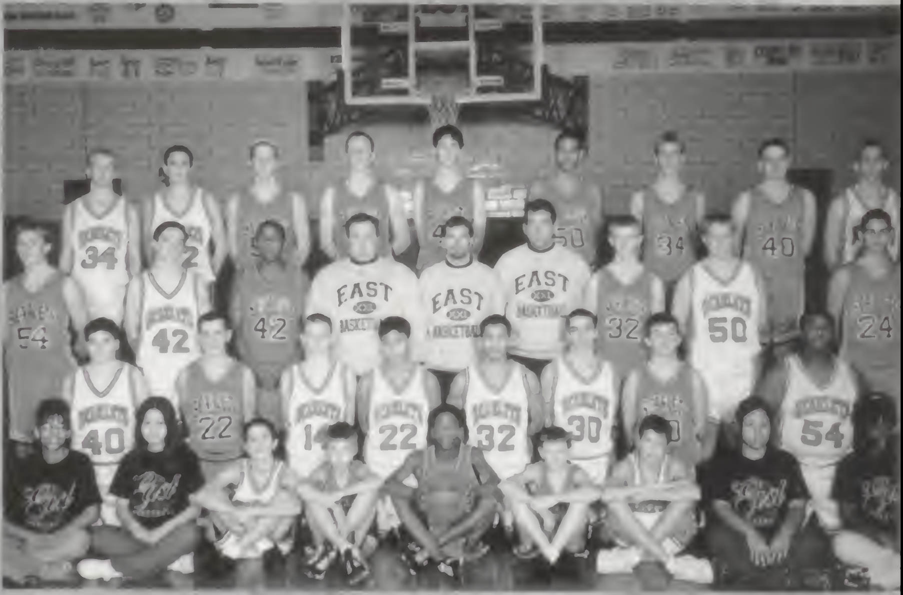
VARSITY BOYS BASKETBALL. Front Row: Mgr. Sarah Evans, Julius Johnson, Larry Holloway, Corey Patton, Jermon Stokes, Joe Kephart, Mgr April LeClere. Row 2: James Avon, Jeremy Curl, DeMareo Darrah, Terry Rice, Jared Smith, Richard Lewis, Rod Stockbauer, Lance Allison. Back Row: Tommie Halsband, David Marlenee, Asst. Coach Matt Carter, Coach Andy Howard, Asst. Coach John Easter, Ted Harrington, Brandon Snitker.





SOPHOMORE BOYS BASKETBALL. Front Row: Scott Phaydavong, Adam Bolander, Mike Chumbley, Chase Van Zant, Montez Rankins, Anthony Renfro. Row 2: Gabe Hibben, Bo Harvey, Mgr. Kelly McFadden, Mgr. Heather Carlson, Mgr. Amanda Logan, Jeff Zelenovich, David Calo. Back Row: Jordan Turner, Dusty Shandri, Coach Brian Luft, Asst. Coach Brady Mallond, Eric Radley, Scott Flaherty. Not Pictured: Andrew Olsen.

FRESHMAN BOYS BASKETBALL. Front Row: Myneka Crawford, Team Mgr., Ryan Henkle, Michael Miller, Tommy Gowdy, Matt Donahue, Dusty Reed, Reeio Sumabat, Team Mgr. Row 2: Jesse Antelman, Dan Daman, Ben Murray, Kenny Phaydavong, Carlos Patino, Jeff Garretto, Brad Johnson, Stephen Williams. Row 3: Tim Ballard, Michael Deerr, Tony Moore, Asst. Ken Burgess, Coach Brian Hoff, Asst. Mike Teale, Brett Adams, Troy Deaton, Chris Ratliff. Back Row: Jason Brownell, Ryan Neff, Nick Ira, James Rendall, Adam Scarlett, Sean Henry, Chris Kayser, Chris Carrick, Chase Schieffer.



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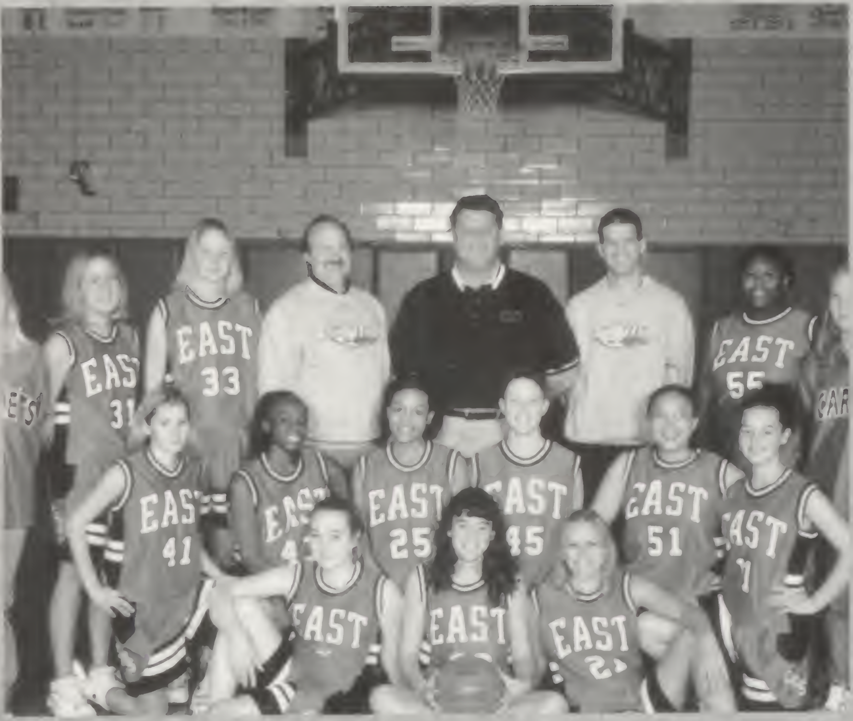
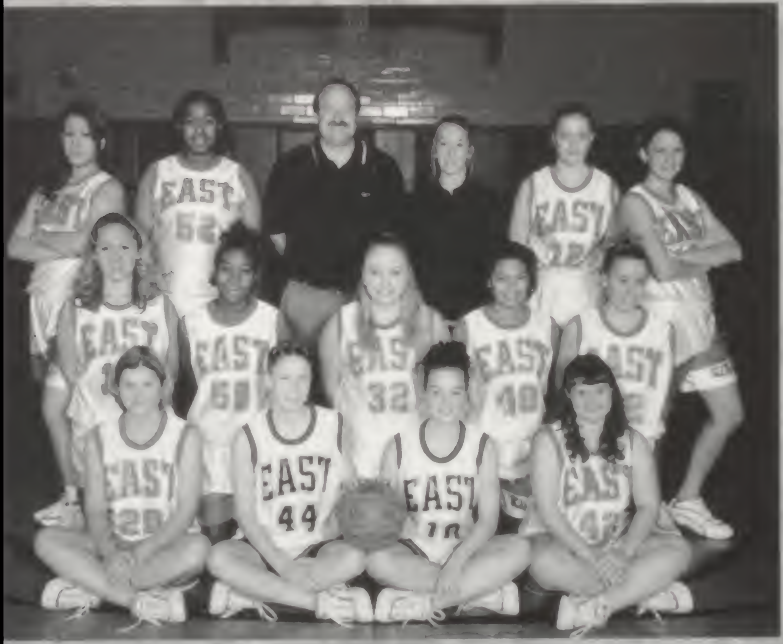
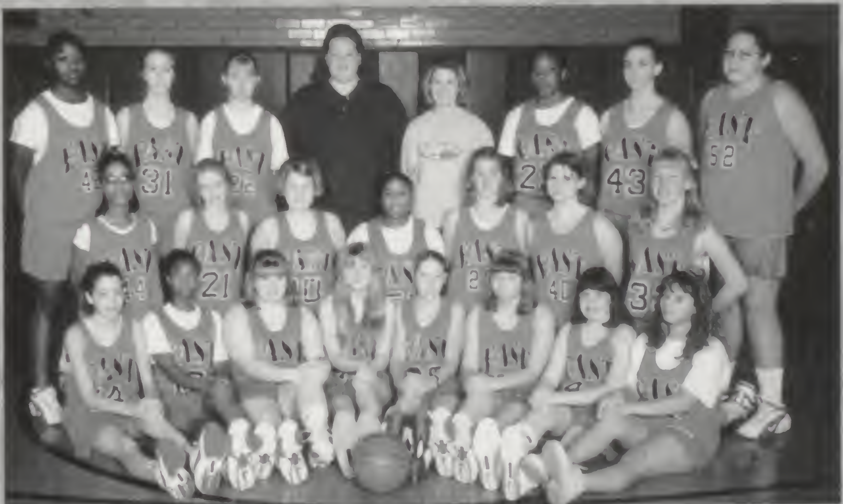
VARSITY GIRLS BASKETBALL. Front Row: Kathleen Robinson, Amy Goddard, Lindsey Hews. Row 2: Nicole King, Katrina Isaac, Crystal Carr, Jayme Wetzel, Kendra Johnson, Stacee Carlos. Back Row: Lindsay Steele, Melissa Horton, Asst. Coach Lowell Long, Head Coach George Davis, Asst. Coach Ken Morton, Moni Miller. Not Pictured: Stephanie Cozad.





SOPHOMORE GIRLS BASKETBALL. Front Row: Brandy Budd, Jayme Wetzel, Stacee Carlos, Stephanie Cozad. Row 2: Shannon Noble, Ashli Taylor, Heather Kilby, Kardeea Scott, April Fisher. Back Row: Marshelle Baccam, Micaela Mallett, Coach Lowell Long, Asst. Coach Lisa VanRoeckel, Risa Cave, Amanda Ulmer. Not Pictured: Crystal Smith.

FRESHMAN GIRLS BASKETBALL. Front Row: Jamie Nixon, Delise Lockett, Nicole Cockerham, Beth Rissman, Sierra Buck, Kandi Latcham, Brooke Budd, Petra Galvan. Row 2. Annabelle Kelly, Courtney Chaplin, Kristen Robinson, LaKiesha Renfro, Bobbi Stradley, Melissa Baker, Amber Marlenee. Back Row: Whitney Jenkins, Jeanna Frost, Darcy Duntz, Coach Thana Heller, Asst. Coach Summer Johnson, Felicia Wagner, Angie Puffett, Kim Howell.



BOYS CROSS-COUNTRY. Front Row: Capt. Justin Rankin, Trevor Dickey, Jameson Shipley, Matt Donahue, Mark Standley, Michael Her, Jeremiah Vincent. Back Row: Scott Flaherty, A.J. Anderson, Capt. A.J. Shipman, Coach Mel Greene Jr., John Conn, Jacob Walker, Nathan Nissen. Not Pictured: Asst. Coach Bob Baldus, Tom Gowdy.

GIRLS CROSS COUNTRY. Front Row: April Fisher, Allameshia Tiesman, Angela Davies, Sierra Buck. Row 2: Katie Freel, Jennifer Golden, Emily Vuth, Rebecca Rodriguez, Shannon Noble. Back Row: Cheyenna McClish, Courtney Scheiffer, Coach Deb Van Velzen, Risa Caves, Ashley Jordan.

GIRLS GOLF. Chris Olson, Heather Hutchinson, Shannon Griffiths. Not Pictured: Stephanie Letze.

BOYS GOLF. Front Row: Robert Shackelford, Michael Moran, Daniel Bright, Dustin Reed, Justin Constable, Trevor Jones, Brian Schulz. Row 2: Jesse Bainter, Eric Cooper, Coach Sy Forrester, Coach Deb Waltz, Mike DeMoss, Trevor Bird. Back Row: Aaron Webb, Chris Miller, Brandon Snitker, Bryan McLaughlin, Jeremy Curl, Travis Tollari, John Moran. Not Pictured: Craig Williams, David Lawrence, Nick Hageman, Jon Covalt., Tyler Williamson.

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BOYS SWIMMING. Front Row: Justin Anspach, Mike Moran, David Minikis, Zechariah Wicker, Gabe Gonzalez, Joe Farley. Row 2: Neil O'Brien, Clint Nereim, Adam Davis, Nick Anspach, Troy Wacht. Row 3: Jamie Furby, Lars Kruecke, Coach Sue Blair, Steve Strock, Dan Williams, Ross Hesseltine. Back Row: Mgr. Jessica Bush, Brian Hicks, Matt Evans, Tod Wacht, Mgr. Rachel Taggert.

GIRLS SWIMMING. Front Row: Jonna Eastcott, Jessica Christie, Heather Jones, Angela Vertz, Brinden Kelly, Mary Froehle, Laquana Mitchell, Christine Olson, Amy Cunningham. Row 2: Ashley Armstrong, Tessa Danielson, Sarah Ollie, Tiffany Dalrymple, Jessi Fenton, Danielle Reynolds, Kira Campos-Anderson, Alia Winterbottom. Row 3: Rachel Taggart, Andrea Cook, Asst. Coach Eric Galvin, Coach Stan Thompson, Asst. Coach Erin Brown, Dawn Ritchie, Christin Cady. Back Row: Valerie Boland, Shannon Griffiths, Christi Bethards, Jessica Barker, Jenny Barker, Angie Puffett, Kirsten Hansen, Katie Murphy. Not Pictured: Kandie Savage, Anna Filippelli.

WRESTLING. Front Row: Mgr. Robin Morris, Josh Davis, Brandon Hagins, Brad Shanahan, Tria Vang, Kjersten Harvey, Jack Housley, Jeremiah Vincent, Jason Metheny, Mgr. Tiffani Armintrout. Row 2: Nathan Tyler, Matt Sowden, Mgr. Megan Logan, Mgr. Molly Matlage, Mgr. Valerie Blackford, Mgr. Tina Nickerson, Andrew Graeve, Nick Piper, Brian Schulz, Mgr. Kelly Clark, Mgr. Barbie Morris, Mgr. Bridget Davis, Mgr. Carolina Canas, Mark Gines, Shawn Graham. Row 3: Alan Pierce, Troy Parsons, Ryan Bernhardt, Cheyenna McClish, Kyle Audlehelm, Asst. Coach Josh Fleck, Coach Larry Jackson, Asst. Coach Steve Alcorn, Asst. Coach Scott Rourke, Steve Gilbert, Jennifer Palmer, Justin Byers, Marque Glenn, Kurt Sloan, Ross Loving, Jared Metheny. Back Row: Andrew Todd, Jason Brooks, Danny Lint, Tony Leo, Jason Rice, Heston Clark, Garrett Hagins, Dustin Byers, Dan Fisher, John Sorter Jr., Oliver Powell.

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...by Shawna McChurch

"The political Snicker's commercial with the elephant and the donkey," said junior Jared Mendenhall.

"I like the Free Internet commercials with the baby named Bob," said senior Katie Hull.

"The crying iron commercial for the wrinkle-free dryer sheet-things," said freshman Angel Blount.

"The Lazy Boy recliner commercials with the talking raccoons," said sophomore Allison Summy.

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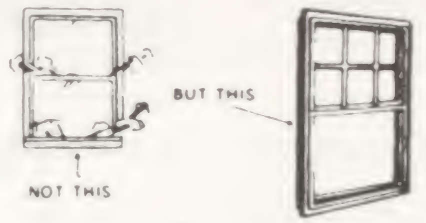

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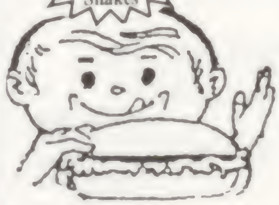

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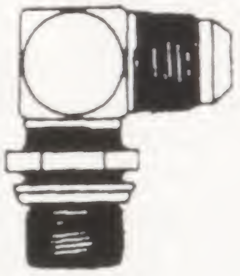

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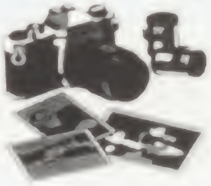

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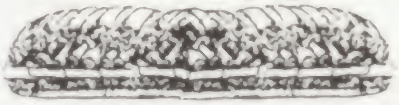

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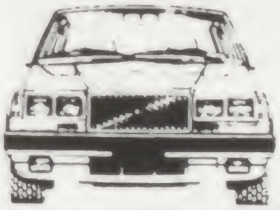

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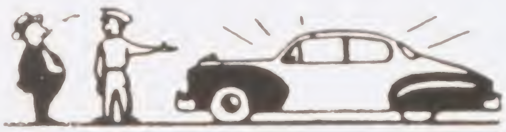

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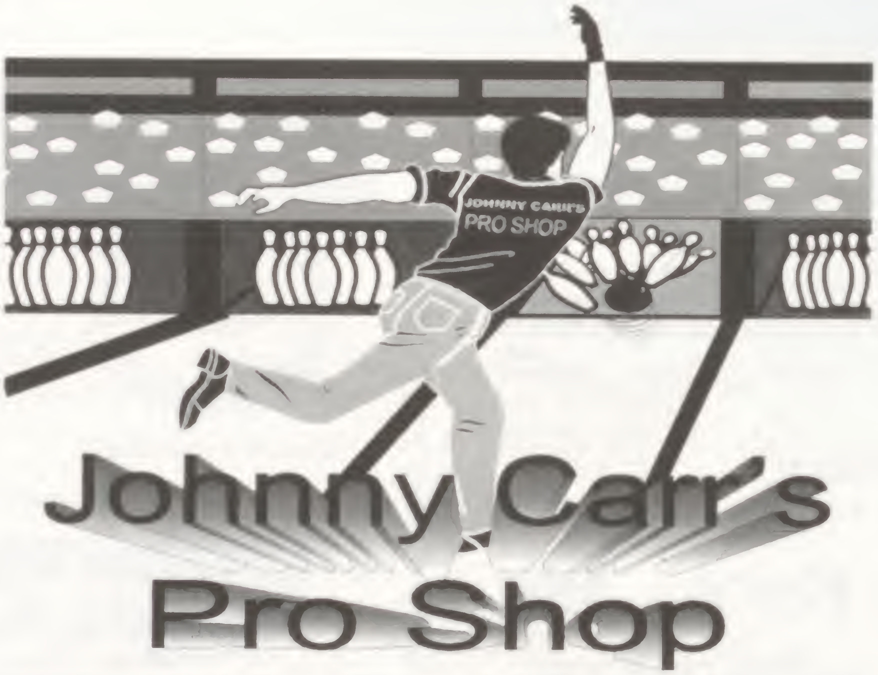
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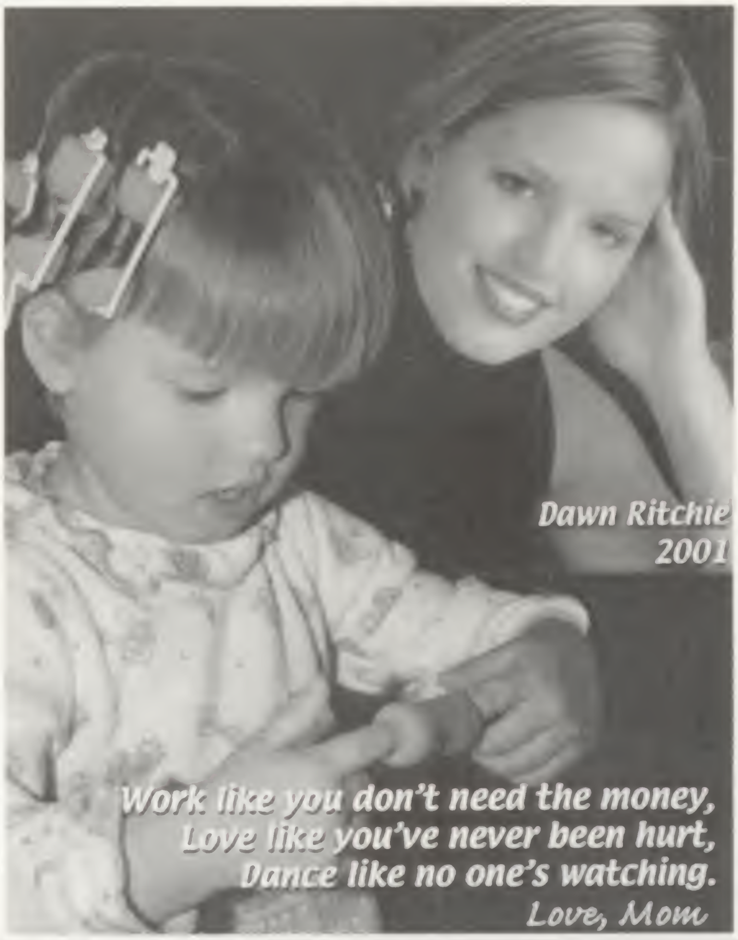
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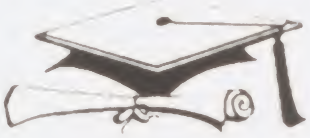

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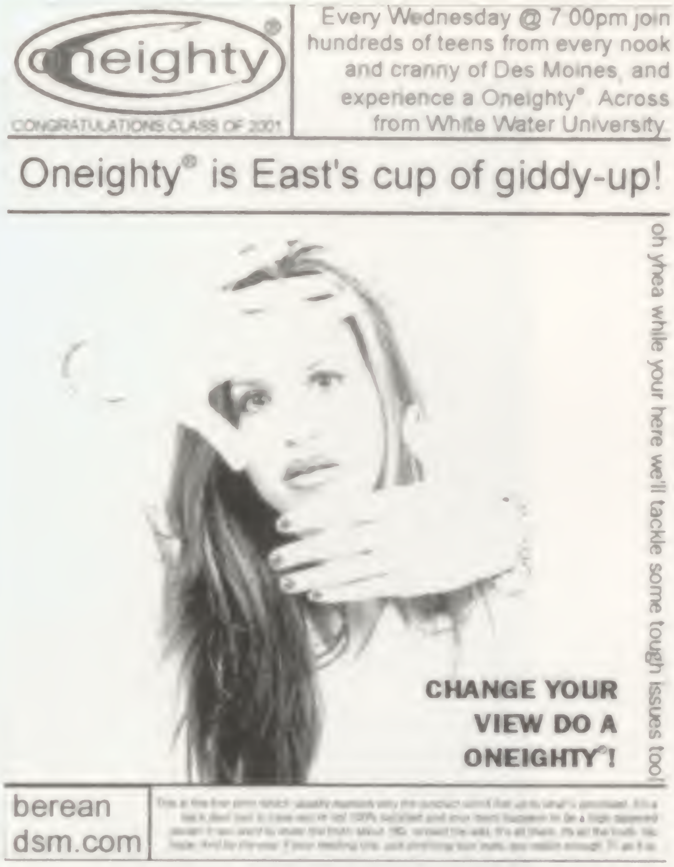

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Front Row: James Avon, Jermon Stokes, Ted Harrington
Back Row: Lance Allison, Tommy Halsband, Richard Lewis, Jared Smith

BOYS BASKETBALL

Congratulations, Melissa Khodai

Best of *Luck*
in *Everything* you do.

We ♥ You!

Mom, Julie, Anita, & Amanda

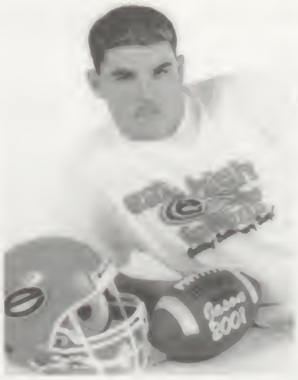
Congratulations to the Class of 2001

It has been a lot of fun and a real pleasure getting to know some of the finest young people to graduate from East High School. Best of luck in the future and may all your wishes and dreams come true.

East
Jennifer
2001

EAST
2
SCARLETS
2
SOFTBALL
EAST
14
East

Angela
Class
of
2001



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CLASS OF 2001

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THEIR DREAMS."

WE LOVE YOU,
MOM AND DAD CLASS OF '80
AND MEREDITH CLASS OF '06

Congratulations KRYSTAL

2001

You've made us proud
and we love you very much.
May God bless you in all you do.
Love, Mom & Dad

CONGRATULATIONS, 2001 SENIORS!

SCARLETS
SCARLETS
SCARLETS

Lindsey Hews Kathleen Robinson Amy Goddard

GIRLS BASKETBALL

Heidi JoAnn Bailey

May your future be blessed and full of accomplishments. We are proud of who you have become. The brilliant, beautiful, loveable, hour-shower kind of gal. The one we all love.

Congrats,
Amanda, Brandon,
Dad and Becky

"Happiness is not something you experience, it's something you remember."
~Oscar Levant

1989

CONGRATULATIONS, CHRISTY ANN YENZER

We have watched you grow.
We shared your tears and joys.
No matter what the future brings for you...
always remember—
Whatever you do, do your best!
Wishing you a lifetime of happiness.
*We are so very **PROUD** of you!*

Love,

MOM & BILLY, AMANDA & NICOLLI

Stephanie
2001

Congratulations

Stephanie Letze

Stephanie
2001

We wish you all the love and happiness, you have given us over the years.
We know you will accomplish all you set out to do in life We will always be here for you.

GRANDPA & GRANDMA LETZE

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Thank teacher Nancy Hansen
and the Marketing Sales class
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Row 1: Shannon Griffiths, Angela Verta, Shawn Head, Bridget Davis.
Row 2: Heather Hutchinson, Christine Olson, Amie Stevens, Carolina Canas, Quashonda Shields-Perrin.
Row 3: Niki Loftus, Jennifer Golden, Ashley Armstrong, Jessica Sweet, Veronica Ortiz, Jennifer Oliver.
Row 4: Sponsor Samy El-Baroudi, Heston Clark, Samantha McConnell, Tiffanney Moore, April Hiatt, Kathryn Freel, Courtney Schieffer.
Not pictured: Paul Drey.

STUDENT GOVERNMENT OFFICERS: Shannon Griffiths, Public Relations; Angela Vertz, Treasurer; Shawn Head, President; Bridget Davis, Secretary. Not pictured: Paul Drey, Vice President.

Congratulations!

Class of "2001"

We Wish You
The Best of Luck
In ALL That You Do!

Congratulations, April King

Your *Smile* is contageous,
Your *Eyes* light up the room,
You are a *Joy* to us.
We are very *Proud* of you.
With *Love,*
Mom & Dad

Our Little "Patty" Cake

Congratulations

Patricia Towey

Mommy Loves you!
and...
we are All Proud of you!

Jon, Justina, Angel, Mike, Gloria, & Christy

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Congratulations Shannon Griffiths

We
Love
You!

Did you ever know that you are my hero
and everything that I'd like to be?
I can fly higher than an eagle,
You are the wind
beneath my wings.

—Mom, Dad, Amy, & Allie—

Congratulations **Meghan Templeton**

Follow your dream, take one step at a time,
don't settle for less, just continue to climb.
Follow your dream, if you stumble, don't stop.
Don't lose sight of your goal; press on to the top.
For only on top can we see the whole view,
can we see what we've done, and what we can do,
can we then have the vision to see something new.
Press on, and follow your dream!

Mom and Jeff

Congratulations, **Andrew Graeve**

From the
"Pee Wee" League
to the
"Ivy" League

Love,

Your Family

Keep Smiling, Kenny Paulding!

Congratulations, You Did It!
Remember, *anything* is possible..
Follow your heart.
We love you,
Mom, Bruce, Kenna, David, Daylin,
Beau, & Brendon

—Kenny Paulding—

Congratulations
our dear Grandson, on your graduation
and also to all the other
East High School Seniors

Kp APPLIANCE

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EAST
E
EAST
2
PAULDING
42
E
SCARLET
2000

Congratulations to...
Kenny Paulding and the Class of 2001 on your recent high school graduation. Kenny your optimistic style and never-give-up spirit will take you far on the path of life. I am very proud of your achievements at school and for being the fine young man you have grown into. Always find the time to give back to your community. By helping others, you will acquire the knowledge of success.

EEE *Rex Swandahl*
(Kenny's big brother from Big Brothers/Big Sisters)

CONGRATULATIONS CLASS OF 2001

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A Brutal Word may smite and kill
A Gracious Word may smooth the way
A Joyous Word may light the day
A Timely Word will lessen stress
A Loving Word may heal and bless.

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Congrats — Christine & Heather

Our Dear Christine,

Oh—
What a beautiful baby
Oh—
What a beautiful
woman

Follow our dreams!

Love,

Mom, Dad,
Gene, &
Bill Olson

Dear Heather,

Your smile lights up a room. Your laughter is contagious and your crazy sense of humor brings joy to those around you.

We are so proud of the young woman you are becoming. God has blessed you with inner strength, character, and beauty that shines like a "SUPERSTAR"!

We Love You,

Dad & Mom
Hutchinson

Friends come and friends go,
but a true friend sticks by you like family. (Proverbs 18:24)

Congratulations

LINDSEY ANN HEWS!

The day our Lord sent you to me was the start of a wonderful ride through life with you. If I were any prouder, I would put up a billboard, but this will have to do!

You're my MVP, and for the rest of my life, I'll be in the bleachers cheering you on—You "Go" Girl! I'll love you till eternity and beyond.

You're a wonderful, beautiful woman and definitely my Hero!

Love Forever,

MOM

Congratulations—ASHLEY JORDAN

To a Special Daughter—

Looking back over the years, we recall so many fond memories. Wishing you a chance to try the things you're dreaming of. Hoping they will be the very things that bring you success and happiness.

It's brought us such joy to be part of your life and to see you grow up so beautifully.

We are so very proud of you.

Always remember how much you are loved.

Love,

Mom & Dad

REX SWANDAHL
Big *"Brother"*

"Thanks"

for helping make Graduation a Reality

KENNY PAULDING
Class of 2001

Congratulations
Kenny Paulding & Matt Evans

From "Moms"

PRESHIA PAULDING & SHIRLEY EVANS

CONGRATULATIONS, CLINT NEREIM

Remember—
This is NOT the end…
but only the Beginning

Love,

MOM, RICK, STEENE, KRYSTAL

Congratulations

Tricia Wickersham & Brooke Nowadzky

We’re so Proud of what you’ve done!
Best Wishes for what’s yet to come.

Dad (EHS ’71),
Mom (EHS ’72),
Traci (EHS ’92), &
Tiffany (EHS ’94)

You finally made it!
We are all so Proud of you.

Mom, Dad,
Rob (EHS ’96), &
Jill (EHS ’98)

You go right; I’ll go left
Sometimes we don’t agree
But that’s ok cuz’ in the end
We’re still brothers you and me.
We’ll go to Steak n’ Shake sometimes
Cuz we hang out every night
And we do the same ol’ thing
Sometimes we fool around too much
Cuz’ we are a frisky bunch
We get in trouble everyday
Hey Ho straight through the heart
I’m for you and I know you’re there for me
Give me a High 5
Hey Ho friends till the end
Can’t you see that’s the way it’s got to be
You’re the money and the bomb,
But I talk about you mom
Even though it isn’t right
Go to Mikey’s play some games,
Stay up till the break of day,
Maybe get into a fight.
Even though we’re hittin’ 20
And we haven’t yet matured,
You know I think it’s kinda funny
That we’re all a bunch of nerds.
Can’t you see God has destined us to be

(Permission granted by Aaron Richardson Calibretto-13)

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KT, & TOM, THE CAT

(P.S. No wonder you buy your
own clothes now!)

Congratulations Andrea Cook

*We are so proud of all of your accomplishments.
You have always stayed so focused in all you have done.
On the go from 5:00 in the morning for Stepper practice
until late in the evening for all of your sporting events;
life will not be near as busy and rewarding without your hectic
schedule. Although you won't be that far away,
we will miss seeing that beautiful smile every day.
May all of your dreams come true at ISU and remember
we will always love you.*

Mom & Dad

CONGRATULATIONS, SHAWN HEAD

When you were small, you were our "Clown".
Now that you are older, you still have the gift to make us laugh.
You have made us very proud of your accomplishments
being involved in church, the community, and at EHS
from being the President of the Student Government
to the President of ??????? (where-ever life may lead you).

We Love you,
DAD, MOM, & TRAVIS

—ZACH MORTICE—

You are..An *Inspiration!*

Congratulations
on All your Accomplishments!

Love,

Mom, Grandma Mortice,
Aunt Dee-Dee, Uncle Vern, and Aunt Pat

Congratulations, Venessa Boland

Some people succeed because they are *destined* to,
but more people succeed because they are *determined* to.
We are Proud of you, all you have accomplished,
and all you will accomplish in the future.

Mom, Dad, Valerie, Vania, and James

Congratulations

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Jerry Elder, President
Jay Elder, Vice President

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Congratulations — Class of 2001

Courtney Page
Secretary

Andrew Graeve

President

Mary Froehle
Vice President

Andrea Cook
Treasurer

EHS Senior Class Officers

—Congratulations—

Dear Samantha
Precious little "Kitty"—innocent and sweet
Your beautiful personality is hard to beat
Your smile lights up my life and my day
I will miss you so much in every way
You are such a bundle of awesome powers
You're like a fresh bouquet of gorgeous flowers
I love you, Sammy, for being my friend
I thank you for all the encouragement you sent
With all my heart, I wish you the very best
Remember you are better than all the rest
Lead the way with your shining light
Always do your best and what is right
Don't get mixed up in drugs and losers
Don't hand with skanks, gangs, or boozers
Be a kid as long as life will allow
Love yourself here and now
You are so unique and such a cutie
I love your hair and your getto bootie
Be safe and shine—Baby Shine
You are so incredibly fine
Keep in touch
I'll miss you so much

Tonja Jean Kilby
12/28/'00

Samantha Campbell

Dear Samantha
July 24, 1983, — A special day in history
Birth was given to a beautiful baby girl
7:42 p.m. was the time — I named her Samantha
She was all mine
Days, weeks, years have gone by leaving special
Memories for me behind
Now its time to graduate—so here's some advice:

1.) First of all, and never forget, I love you forever
2.) People are more important than things
3.) Life is so much simpler when you tell the truth
4.) Sometimes there is more to gain in being wrong than right
5.) Live by what you trust, not by what you fear.
6.) Forgive yourself, your friends, your enemies—your only human

So much more to learn, Sam, but when mistakes are made,
Learn from them.

Mom
(2/22/'01)

Samantha's Family—*(Counter-clockwise from top):* Daniel, Joseph, Jennifer, Alexandar, Michelle, Samantha

Friends Forever—*(Class of 2001)* Samantha Campbell & Bethdy Hoang

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Congratulations

Class of 2001

Alphabetically listed: Nicole Ballantyne, Stephanie Beavers, Denise Birkhofer, Tiffany Boggs, Venessa Boland, Matt Breton, Lindsey Carr, Andrea Cook, Bridget Davis, Ernesto De La Cruz, Mary Froehle, Ashley Gilbert, Jenny Golden, Shannon Griffiths, April Hazelwood, Shawn Head, April Hiatt, Heather Hutchinson, Catherine Knight, Nikki Loftus, Kevin Lundberg, Samantha McConnell, Wendy Mehl, Bopha Mom, Katie Murphy, Christine Olson, Veronica Ortiz, Courtney Page, Krystal Pickett, Dawn Ritchie, Heather Robinson, Jetaime Rousseau, Heang Sou, Michelle State, Jessica Sweet, Meghan Templeton, Angela Vertz, Kelli Welker, Sarah Westergaard, Craig Williams, Stacey Wood.

East High School
Senior Board

WISHING ALL THE *"2001"* EAST HIGH GRADUATES

"GOOD LUCK"

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Mary (Swacker) Brown		1964
Daughters—	Kaylee Brown	1990
	Andrea (Brown) Dolphin	1992
	Erin Brown	1995
Mescal (Swacker) Ira		1966
Children—	Chad Ira	1988
	Stephanie (Ira) Lydic	1990
Margie (Swacker) Brown		1967
Daughters—	Amy (Brown) Davison	1990
	Sarah Brown	1992
John Swacker		1968
Children—	Scott Swacker	1989
	Kristie (Swacker) Vogel	1991
	Kellie (Swacker) Tu	1992
James Swacker		
Children—	John Swacker	1996
	Jamie Swacker	1997
	James J. Swacker	2001
Marlene (Swacker) Dotts		1970
Daughter—	Michelle (Williams) Griswold	1990
Marlys (Swacker) Jones		1971
Daughters—	Lara Jones	1997
	Anna Jones	2000

—James J. Swacker—

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IN 1970

EHS Senior Cheerleaders

Front Row: Courtney Page, Jenny Moore, Jasmine Reed
Middle Row: Kelli Welker, Sheena Signs, Krystal Pickett
Back Row: Tiffany Carey, Tiffany Boggs, Lindsey Carr

Jasmine Reed

Sheena Signs

Tiffany Boggs

Krystal Pickett

Courtney Page

Lindsey Carr

Jenny Moore

You
"Go"
Girls!

Kelli Welker

Tiffany Carey

Congratulations
Ashley Armstrong

You are our special baby girl. You are such a beautiful young lady. For everything you are and everything you will be, we will always be so proud of you.

This is to let you know that we love you with all our hearts. And as graduation day grows near, in our minds, we see all the moments of your life. we smile with pride and know that everything will be all right.

Dad, Mom,
Mendi, &
Joshua

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Vice President: Steven Fuller
Secretary: Vicki Zelenovich
Treasurer: Sharon Page

For the Service of Humanity

Congratulations, EHS Seniors

EHS SENIOR CHOIR MEMBERS

Front Row: Misty Stanton
Middle Row: Anna O'Brien, Chasity Lee, Kira Campos-Anderson, Kristi Mathis
Back Row: Brian Dix, Jaime Rousseau, Stephanie Beavers, Christy Yenzer, Dana VanHorn

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EAST 14TH & EUCLID
3825 NE 14th ST.
263-3560

1988

2001

Stilwell retires after 13 years at the helm

To the East High School Community:

Forty years ago I started my career in education at Wilson Junior High School. This year I will finish my career at East High School. My connection to the east side of town has been significant and meaningful.

My stay at East High School has been a personal adventure for me. The great students, the caring and supportive parents, the outstanding teaching staff, and the amazing alumni have made this experience the best.

As I reflect back on the last thirteen years, I realize that I have been allowed to be a part of thousands of young people's lives at a time when the schools and the people who run them and teach in them can make a real difference.

It has been an honor for me to serve East High School and this community.

Principal Jerry Stilwell

QUILL 2001 ACKNOWLEDGMENTS

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Photography:

Thanks to all the photojournalism students for their talent.
Thanks, especially, to adviser Nancy Holmes for her patience and perseverance.

Ad Production:

To the many students under adviser Nancy Hansen's direction in the marketing sales and desk-top publishing classes, thanks for all your hard work in making the production of this book financially possible.

Special Thanks: Artists Justin Bales, Kevin Chapman and Adam Winn.

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COLOPHON

The Herff Jones plant in Mission, Kansas produced 1000 copies of the 2001 Quill. Twenty-nine staff members put together the 352-page spring-delivery book on 80lb. Bordeaux Special paper. The laminated lithograph cover is printed with four-color process soy ink. Endsheets are printed with black ink on white Vibracolor paper stock. The 8.5" x 11" book is printed with offset lithography and is smyth-sewn, rounded and backed.
The majority of the copy throughout the book is 10-point Tiepolo.
All pages were submitted on Zip cartridges using 17 Dell PC computers and the applications Microsoft Word and Adobe's Illustrator, Photoshop and PageMaker.
Most of the ads and backgrounds for some of the pages were submitted as camera-ready art.
Books were sold from September through November for $40. The 2001 Quill was completed on March 2. The Herff Jones representative was Chris Heikes.

Your Perspective

Was it what you expected? Did you see something in another light? We hope you didn't expect everything to be exactly the way it used to be (BORING!). We also hope that you looked at things from several new angles.

You can see our perspectives throughout the book on any page you open it to. Many of your classmates have helped us convey these perspectives through pictures, quotes and facts. Your teachers, advisers and coaches have also helped us in the same way. And, of course, you will always have your own perspective, whether it stays the same or not.

Now, add a personal touch. Talk to the people we might not have. What was your lab partner's favorite lab for the year, and what will he always remember about class with you? What piece of music did your stand partner struggle with the most, and what's her favorite piece from the past four years of playing by your side? What plans does your Spanish tutor have for her future?

Why didn't the cute guy behind you in math class ever bring his *own* pencil to class? Did your government teacher ever notice how *everyone* in the class had the exact same answers on every worksheet? Only they can answer those questions, so ask them before the year ends.

We've left it up to you to finish this book. You have to make it your own. No other person will own a book exactly like your copy. This hardbound book of pictures and text is exclusively yours to write in, doodle in and have signed by all the interesting people you know.

Make it something special that you can look back at for years to come. Remember the good times, the things you never expected, and fill it with every possible East perspective.

... by Shawna McChurch

Here's INDEX Looking at You

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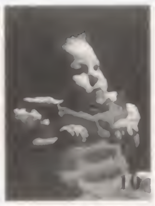
Layout: Pon Thipyothin.



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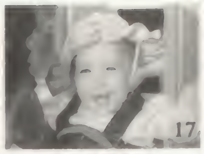

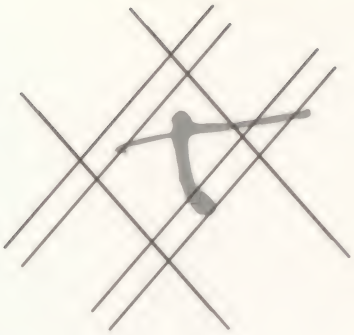

CutiePie!: 13) Jessica Richardson, 14) Stephanie Whitten, 15) Christine Olson, 16) Sheena Signs, 17) Linsey Carr, 18) Bridget Davis, 19) Sara Westergaard, 20) Krystal Pickett, 21) Oralia Crooks, 22) Jessica Sweet, 23) JeTaime Rousseau, 24) Ashleigh Dowell.

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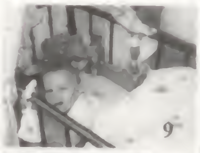

Awww!: 1) Brandi Reinig, 2) Cristy Riley, 3) Niki Houchin, 4) Jennifer Moore, 5) Robert Reynolds, 6) Dan McKee, 7) Heidi Bailey, 8) Dawn Ritchie, 9) Lats Kruecke, 10) Tiffany Carey, 11) Trevor Ashby, 12) Christin Cady.

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A World Perspective...

Investigators & emergency...

workers look through the wreckage at the scene of the Air France Concorde crash at Gonesse, near Paris. 113 people were killed in the crash, Tuesday.

July 24, 2000. A major investigation was [illegible] caught fire during takeoff and crashed into a hotel.

Police fire...

teargas to disperse opposition supporters gathering in front of the Yugoslav federal parliament building in Belgrade, Yugoslavia, Thursday, October 5, 2000. Troops [illegible] while protesters streamed into the capital for a mass rally claiming electoral fraud by the ruling coalition led by President Slobodan Milosevic in the September 24 presidential election against Vojislav Kostunica.

Designed by Cheri Fenton.

A firefighter monitors a blackburn blaze to make sure it doesn't jump the road near *Kennedy* Meadows approximately 50 miles northwest of Ridgecrest, CA on Monday, July 31, 2000.

Republican President...

George W Bush and Vice President Dick Cheney wave to media in 2000 a few months before their narrow victory over Democratic presidential candidate Al Gore and his running mate, Joe Lieberman. People waited in anticipation for weeks after the election was over to know which candidate would win Florida's electoral votes in the **2000 Presidential Election.**

The crew of the Kursk nuclear submarine stands in front of their vessel at a Navy base near *Vidyayevo,* Russia. Underwater rescue attempts [illegible] but Evidence had suggested that a massive explosion shattered large areas of the vessel and many sailors had no time to escape.

An Athletic Perspective...

New York...

Yankees celebrate their American League Championship victory against the *Seattle Mariners* (above left). The *New York Mets* celebrate their National League Championship victory over the *St. Louis Cardinals* (bottom right). [illegible] Thursday October 26 at New York's Shea Stadium. Yankees manager Joe Torre holds the World Championship trophy as owner George Steinbrenner celebrates the victory (bottom left).

Austin, Texas' Tour de France winner, Lance **Armstrong,** rides down the Champs Elysees with an American flag after [illegible] July 23, 2000.

Designed by Cheri Fenton.

U.S. Open...

tennis tournament winner Venus Williams shows off her trophy after defeating Lindsay Davenport in the women's finals. Williams won 6-4, 7-5 on Saturday September 9, 2000.

The closing ceremony fireworks for the *Sydney* 2000 Olympic Games erupt over the Sydney Harbor Bridge and Opera House, Sunday October 1.

US Swimmers...

Lenny Krayzelburg (below) and Misty Hyman (above) celebrated gold metals for their efforts in September during the 2000 Summer Olympics in Sydney, Australia. Hyman set a new Olympic record with her time of 2:05.88 in the women's 200m butterfly, while Krayzelburg swam in the 100m backstroke.

An Honors Perspective...

Appearances and performances were made by Jennifer Lopez, Eminem, Christina Aguilera and 'NSync at the 2000 MTV Video Music Awards on Thursday, September 7. Lopez won Best Dance Video for "Waiting for Tonight." [illegible] videos were projected onto video screens as the singers stood behind them.

ACTOR *Michael J.* **Fox...**

holds his award for outstanding lead actor in a comedy series [illegible] at the 52nd Annual Primetime Emmy Awards in Los Angeles, Sunday, September 10, 2000.

Designed by Cheri Fenton.

Survivor Winner...

Richard Hatch, left, poses with fellow finalists Rudy Boesch, Susan Hawk and Kelly [illegible] party at CBS Studios in Hollywood on Wednesday August 23, 2000.

West Wing

actors and actresses, Bradley Whitford, Janel Moloney, John Spencer, Martin Sheen, Rob Lowe, Dule Hill, Allison Janney and Richard Schiff appeared at [illegible] show garnered a record-breaking nine Emmys, including outstanding drama series.

An Entertaining Perspective...

Ten strangers wave goodbye to family and loved ones prior to entering the Big Brother house at the CBS studios in LA. The strangers would have no contact with the outside world for up to 3 months. The series premiered July 5, 2000, broadcasting 5 nights per week.

Designed by Cheri Fenton.

The Rock makes an appearance at the 2000 MTV Video Music Awards at Radio City Music Hall in New York September 7, 2000

Rage Against *the Machine* performs at the **MTV Video Music Awards** in New York, Thursday, September 7, 2000 (above). *Rage's* bass player Tim Commerford [illegible] Limp Bizkit's [illegible] their award for Best Rock Video.

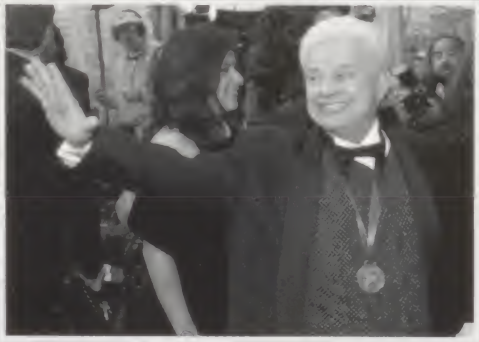
A Memorial Perspective...

NASCAR's
#3
Dale
Earnhardt

was killed in a crash during the last lap of the 2001 Daytona 500, Sunday, February 18. The NASCAR legend [illegible] including [illegible] Winston Cup titles, 34 Daytona Speedway wins and 3 IROC championships.

ACTOR
Tito
Puente,

noted for his performances in the *Cheech and Chong* movies, passed away Thursday, June 1, 2000 at New York Hospital. Puente was 77.



Walter **Matthau,**
seen here in Beverly Hills, CA, died in 2000 at the age of 79. Matthau was buried during a simple service attended by [illegible] family members and close friends. [illegible] Pierce Brothers Westwood Village Memorial Park, where Marilyn Monroe is buried.

Designed by Cheri Fenton.

MARY